

Bavarian News

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U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Bamberg, Schweinfurt, and Garmisch

December 12, 2007



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Understand customs rules before purchasing gifts

by **DAVE MELANCON**
USAG Heidelberg

If a Soldier wants to give a German friend something nice for Christmas, is it okay to buy something from the post exchange?

According to Army customs officials, much depends on the Soldier's pay grade and everyday standard of living.

Accordingly, if he wants to stay on the right side of the law, he should call his community's customs office.

If a family member gives her German neighbors a frozen turkey she purchased from her community commissary, is she honoring a family tradition? Maybe, but she's also breaking the law.

However, if she cooks that bird and shares a turkey dinner with her German friends, it's okay.

"Because U.S. Forces sales outlet purchases in Germany are free of duty, giving gifts to local nationals and other people not authorized privileges has certain restrictions," explained Fred Evans, U.S. Army Europe and 7th Army Customs Executive Agency.

Gifts must be for the recipient's personal use, cannot be given on a recurring basis, and cannot be used as payments for services or goods, he said. Gifts cannot be given on a regular or scheduled basis, and only on customary gift-giving occasions.

"Giving gifts on an occasion where

gifts are customarily exchanged such as birthdays, religious holidays, engagements, and farewells is allowed," Evans said. "Gifts must be for personal or domestic use or consumption, and in noncommercial quantities. So, giving small presents such as flowers, boxes of candy, or bottles of cologne is fine."

According to the agency's Web site, those wishing to give a "non-customary" gift must complete a "permit to transfer" document (Army Europe Form 550-175B), which can be picked up at a military customs office, and receive permission from German customs authorities.

The giver must have owned and

used the item for at least six months.

There are several steps to completing the form. The agency's Web site lists the steps in detail.

Expensive items such as stereo equipment and cars are not considered customary gifts, Evans said. "The smartest thing a giver can do is give us a call."

For a list of non-customary gifts or for more information about gift giving and customs regulations, call the Customs Executive Agency at DSN 381-7610 or stop by your community's military customs office.

The agency's Web site is <http://www.hqusareur.army.mil/opm/>

Stryker Soldier shares Iraq deployment with brother



Spc. Alex Lamont Garner of the 2d Stryker Cavalry Regiment (left) poses for a photo with his brother, Capt. Phillip Garner of the 2nd Battalion, 319th Airborne Field Artillery, at Coalition Outpost War Eagle, Iraq. Phillip was already deployed when Alex found out he was headed for Iraq.

by **SpC. ELVYN NIEVES**

113th Mobile Public Affairs Detachment

Most American service members are separated from their loved ones while in combat, but one U.S. Army Europe Soldier was brought closer to a brother who is also deployed.

Capt. Phillip Garner of the 2nd Battalion, 319th Airborne Field Artillery was already in Iraq when Spc. Alex Lamont Garner of USAREUR's 1st Squadron, 2d Stryker Cavalry Regiment found out that he too would be deployed for Operation Iraqi Freedom.

"When they told me about the deployment to Iraq, I learned we were going to Camp Taji," said Alex. "I knew my brother had to go there frequently as part of his job, so I figured I'd be able to see him once in a while."

The siblings had that chance after about a year and a half of separation.

"We met up in Camp Taji a couple of times," said Phillip. "Our dad told Alex, 'When you see your brother, you need to salute him and then give him a hug.' And that's what we did ... It's a small world."

Later fate and the U.S. Army brought the brothers even closer together, when Alex was sent to Coalition Outpost War Eagle, where Phillip was stationed.

See **BROTHERS** Page 27



Courtesy photo

Lucky YOU

Winner of the AAFES drawing for a Dodge Caliber, Sgt. Joe Bannister of the 702nd Explosive Ordnance Division of Grafenwoehr, starts his new car. The drawing was held at the Grafenwoehr PX Dec. 6, after six months of collecting nearly 4,000 entries.



Photo by Paula Guzman

Yes, there is a Santa Claus

Community members gathered at their respective installations earlier this month for the garrisons' annual tree lighting ceremonies. The events included choir selections, warm drinks and snacks, and a visit by Santa Claus. See pages 4 and 17 for snapshots of garrison tree lighting ceremonies.

Q&A

Who influenced *your* life the most?



Debby Pedroza
(Schweinfurt)
"The 'who' is easy. That's my mom, who passed away almost two years ago. Her faith and strength."

DonElla Thomas
(Schweinfurt)
"I've had a lot of influences because I've had a broad range of experience. Everyone from my drill sergeant to my first sergeant."



Dolores Davis
(Schweinfurt)
"My mom is my role model because of all the patience she had. She raised eight kids – all boys and one girl. She's my idol for that."

Pfc. Joy Rawlins
(Schweinfurt)
"God has influenced me the most in my life because He has saved my life on more than one occasion, so I owe Him my life."

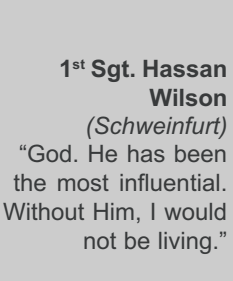


Pfc. Laura Cade
(Schweinfurt)
"My dad, because he's always been there for me, been a role model for me. I joined the Army because he joined the Army."

Debra Gosinski
(Schweinfurt)
"Teachers and professors. Just by teaching and leading by example, that kind of thing."



Spc. Jake Brock
(Schweinfurt)
"My dad, because he's my best friend, he teaches me stuff, and he's just a good example."



1st Sgt. Hassan Wilson
(Schweinfurt)
"God. He has been the most influential. Without Him, I would not be living."



School attendance down, help command reach out to families

LSU and Ohio State in the National Championship. I'm sure Georgia, Oklahoma, and several other fans of highly ranked (at least in the polls) universities are less than pleased.

It's time for a change – bring on a true playoff for the national championship like other sports ... and off to the column.

School Attendance

Recently, many children are missing school. Not just a little bit but a whole lot. While agencies have different standards, one that I use is 25 percent.

I think a child has missed a lot of school if they have missed over 25 percent of school days for a grading period. Analyzing the problem reveals children are missing school for a lot of reasons. Perhaps it is a combination of being overseas while a loved one is deployed, too many other children, maternal (or fraternal) depression, or the malaise of the holiday season but in any event this is a problem in our community.

Unfortunately, ways to remedy the situation are limited or very severe. We do not have truant officers overseas. That means we do not have authority to go to homes and force children to go to school. As a result, we have to depend on the chain of command to know the families that are having difficulty and reach out to help them.



If that doesn't work, the solutions become very drastic. Not providing school is a form of child neglect. Identification of this child neglect pushes the case into the social welfare arena and if still not resolved, my choices are very limited.

All I can do is end up directing a command return of the family to the United States because, after all, it is a privilege to accompany your sponsor to Germany. **BUT, I don't want to do that.**

What is frustrating is that we have all kinds of programs that can help. New parent courses, Mommy & Me, teenage courses, the variety and types of programs/courses, and some times just a shoulder to cry on are available. We just have trouble getting the word out.

So please help me out. If you know of someone who is truly struggling, reach out. Tell them there is help and follow up. Link them with ACS or the school and we can help them through these troubling times.

Immunizations

Most of you remember the tremendous influx of new children into the schools this past year. Many families did not have immunization records or we could not get the required immunizations needed for entry into the schools.

DoDDs allowed enrollment and directed the families to get proper immunizations. As we approach the end of the first semester, we still have a lot of children out of tolerance. Parents, please talk to the school nurses.

Working in conjunction with the clinics we can get time set aside (in fact, we are already doing that at Vilseck, but the usage of set aside times is pretty poor right now) to get these immunizations done. Again, a family

requirement to protect all our children and I strongly encourage parents to make this happen before the start of the next school semester.

Combined Federal Campaign (CFC)

After some early challenges informing the community, the CFC program finished on a high note. Particular thanks to the Garmisch community (they now count as part of our garrison footprint) for increasing their giving rate by 1300 percent.

Hohenfels did well too, and as expected Grafenwoehr and Vilseck donations were somewhat down undoubtedly because 70 percent of our community is deployed.

All told, we committed almost \$300,000 to the CFC program. I am confident the funds you provided will make a major difference to these organizations that help people in need throughout the year.

As many of you know, I am involved in a private organization. With proper accreditation, we were allowed to conduct a fund raising event in front of the main exchange. All I can say is: what an unbelievable turn-out and what great support from the entire community.

Many people who do not use our product-donated funds and we are now able to send more than \$1,000 worth of our product to deployed Soldiers. I can only tell you thanks.

You have made a difference for deployed Soldiers this year, and thank you all for making this the best place to live and serve in Europe.

*Col. Brian T. Boyle
Commander, U.S. Army
Garrison Grafenwoehr*

Reflections: A mother and daughter's view of a German Christmas market

Commentary and photo by **CHRISTINE JUNE**
USAG Kaiserslautern Public Affairs

One of the many memories I have as an 8 year old is of the Nuremberg Christmas Market, or Nuremberger Christkindlesmarkt, and what I called "the raisin people" more than 30 years ago.

Last year, when my daughter was 8, I thought it would be a fun family fact that she and I first visited Germany's largest Christmas Market at the same age.

And did we have fun – the things we saw, the food we ate, the facts we learned and the people we met. It makes it hard deciding where to begin.

First of all, it's crowded – a sea of people no matter where you turn. Expect to be bumped. And if you are too polite, you are not going anywhere. My German aunt tells me that no matter what time or day you go, it's going to be crowded. It's said that by Christmas Eve, when Christmas markets here close, more than two million people will have visited the Nuremberg Christmas Market. I think we were all there on the same day.

You will hear dozens of different languages; this is considered to be the most famous Christmas market in Germany, with visitors from around the world.

There are rows and rows of about 180 wooden stalls, festooned with red-and-white cloth, giving this market its name of "Little Town from Wood and Cloth." You can buy almost everything you need for the holidays: ornaments, decorations, lights, candles, gifts, and traditional German articles such as the Stufenpyramide (step pyramid).

My memory almost served me well – the "raisin people" are actually called the Plum People or Prune Men and originate from the Nuremberg Christmas Market. These favorite souvenirs are made out of prunes and come in all kinds of varieties, ranging from Saint Nikolaus to a wife not too happy about her

husband drinking beer. And as I was able to do during my first visit, my daughter selected her very own prune person.

Like all Christmas markets, most of the wares are handcrafted. In fact, my aunt says people visit these sites to see many crafts – not to shop or eat.

She may have a point, but the shopping wasn't bad, and the food was very good. I still have fond memories of the little Nuremberg roast sausages and Kartoffelpuffer, or potato pancake. I had mine with garlic sour cream, but applesauce also makes for a tasty topping.

We took a horse-driven carriage ride through the entire market, singing Christmas songs even if we didn't remember all the words. My daughter said this was her favorite

part of the trip.

We stepped inside the Frauenkirche, "Church of Our Lady," which offers a beautiful backdrop. From a vendor's tip, we headed to the Schoener Brunnen (beautiful fountain) to turn the gold ring and make a wish.

We also made it to the Kinderweihnacht, or Children's Christmas, which can be considered a kid's dreamland. It showcases a steam-driven merry-go-round, Ferris wheel and train. There is a Christmas bakery, candle workshop and handcraft stalls. Plus children can send letters to Father Christmas via the post office.

All in all, I have to say this was one of my best trips. I have a feeling that 30 years from now, my daughter is going to remember more than just the "raisin people."



The Plum People are souvenirs made out of prunes and originate from the Nuremberg Christmas Market, which ends Dec. 24.

Bavarian News

Grafenwoehr, Hohenfels, Ansbach, Bamberg, Schweinfurt, and Garmisch

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Engagement kits helping families protect redeploying members

Army Combat Readiness/Safety Center

Army officials are empowering family members to take an active role in implementing safety practices to protect their families and loved ones returning home from deployments. The Army recognizes that Army Families are a highly powerful group, capable of positively influencing how Soldiers and family members think. The Army's new Family Engagement Kit raises families' awareness of the leading indicators in accidents while passing along the "what" and "how" of best practices. Armed with these newly created tools, family members are afforded active involvement in their Soldiers' safety. The U.S. Army Combat Readiness/Safety Center study of accident and associated statistics, indicates when Soldiers return from a deployment or controlled environment, the rigors and oversight provided by leaders is diminished. During fiscal 2007, 186 Soldiers

died within one year of returning from deployments. Approximately 30 percent of the deaths occurred within the first 30 days of post-deployment and 63 percent within the first six months. Of the 186 fatalities, 145 involved privately owned vehicles during off-duty hours. Army safety officials are convinced that oversight, control, and structure are beneficial to achieve an accident-free environment. The USACRC's collective challenge is to formulate tools that target safety and risk management as a "way of life" for application when Soldiers are off duty. "As leaders, we know that direct engagement with our Soldiers makes a positive difference in their safety," said Brig. Gen. Bill Forrester, director of Army safety and commanding general of the USACRC. "No one knows Soldiers better than their families and there are few organizations better positioned than Families to influence Soldiers to make

safer choices and take fewer risks." Forrester added that the USACRC believes it is extremely difficult to look a spouse or child in the eye and tell them you are not going to wear your helmet or a seat belt because you don't care enough to stay alive for them. "The Family Engagement Kit features tools that family members can use to engage their loved ones in best safety practices in order to help protect them," said Forrester. "Many take very little time or effort, and the payoff is huge." In all, the kit includes six tools for post-deployment best practices. One such tool is the Travel Risk Planning System, better known as TRiPS. The aim of TRiPS is to reduce the risk of accidents when traveling by POV, the No. 1 killer of Soldiers. Another potentially life-saving tool included in the kit is the Motorcycle/ATV Agreement. This tool encourages families and their Soldiers to discuss the hazards and safety measures associated with riding motorcycles or

all-terrain vehicles. These Web-based tools are self-explanatory, self-supporting with PowerPoint briefs containing associated talking points. The Army's goal is to put these tools into the hands and empower Army Family Team Building trainers, Family Readiness Group leaders, brigade-level safety professionals, BOSS leaders, parents, and individual family members to keep our Army team safe, Forrester added. Families are encouraged to embrace the Family Engagement Kit as another tool supporting one common desire – safer Soldiers and families. "Family involvement is essential, so I ask for engagement with your loved one," Forrester said. "With your help, we can better protect our Nation's most precious assets – our Soldiers." For more information about the Family Engagement Kit, visit the USACRC Web site at <https://crc.army.mil/familyengagement>.

Spotlight on Education



Name: Chris Manzo
What grade / subject do you teach? I am currently teaching kindergarten at Grafenwoehr Elementary School. I have also taught first and second grade. I like to work with the younger children.

Hometown: Cambridge, Ohio - but I have lived in Freihung, Germany, for the past 20 years.
How long have you been a teacher? 31 years

What do you like best about teaching? I love teaching young children and watching the light come on when they put pieces together to learn to read. Kindergarten children are so enthusiastic and love to learn.
What advice can you give students to help them succeed in school? Read with and to your child every day. Instill the magic of reading in them from a very young age. Let them see you as a reader. Read the paper, read books, read magazines. This helps your child develop a lifelong love for reading.

Visit www.milcom.de to place your free classified ad in the Bavarian News!

Follow Christmas safety tips for a safe, sober holiday

U.S. Army Substance Abuse Program

Holidays are a time when people do more traveling. During the cheer of festivities, consequences of drinking and driving are quickly forgotten. Think of the adverse consequences *before* you see the flashing blue lights in your rear view mirror. Penalties for drinking and driving on the installation include: 90-day mandatory suspension for BAC .5-.79, indefinite revocations with BAC .80 or higher (person may petition for reinstatement after one year for first offense, after five for subsequent offenses). Requests for restricted driving privileges will not be granted until the German suspension has expired. In addition, as of Aug. 1, the zero tolerance policy for drivers under 21 years of age was implemented. Drivers under 21 with *any* BAC face a fine of up to 1,000 Euros, driver's education courses and point penalties. Many medication bottles say "Do Not Drive While Taking This Medication," and there's good reason for this. A person who has a BAC of .06 and takes a traditional antihistamine can raise their BAC to .10. This is certainly enough to warrant

an impaired driving arrest. Some of the newer non-drowsy medications do not cause this effect. Three things make the holiday season more dangerous on the road: 1) alcohol consumption increases, 2) adverse weather/visibility conditions, and 3) the number of drivers on the road. Army Center for Substance Abuse Programs recommends the following: ■ When throwing a holiday party, it is important to remember that you have a responsibility to your guests that they all have a safe evening at your party and afterwards. ■ If alcohol is being served, it is important to always offer your guests non-alcoholic beverages and food. You should also have activities such as dancing or games so as to not make alcohol the main-focus of the party. By offering your guests other activities, you are encouraging them to spend their time socializing instead of drinking. ■ As host of the party, be prepared to help identify safe and sober transportation for all of your guests. This can be accomplished by identifying a safe-ride program in your area, providing your guests with the telephone number of a local taxi company or by simply offering all of your guests a good night's sleep in your home.

2007 Bazaar



Photo by Paula Guzman

Spc. Joshua Windeny and Laurie Reineke, both of 2nd Squadron, 2d Stryker Cavalry Regiment, Vilseck make funnel cakes to sell at the Crown Jewel Bazaar, held Nov. 30-Dec. 2 at the Vilseck Memorial Fitness Center and the 2-2 motor pool. The bazaar was hosted by the Grafenwoehr and Vilseck Community and Spouses Clubs as their annual fund raiser for various organizations. See the Jan. 16 issue for more on the bazaar.

Congratulations to the 2007 JMRC NCO, Soldier of Year

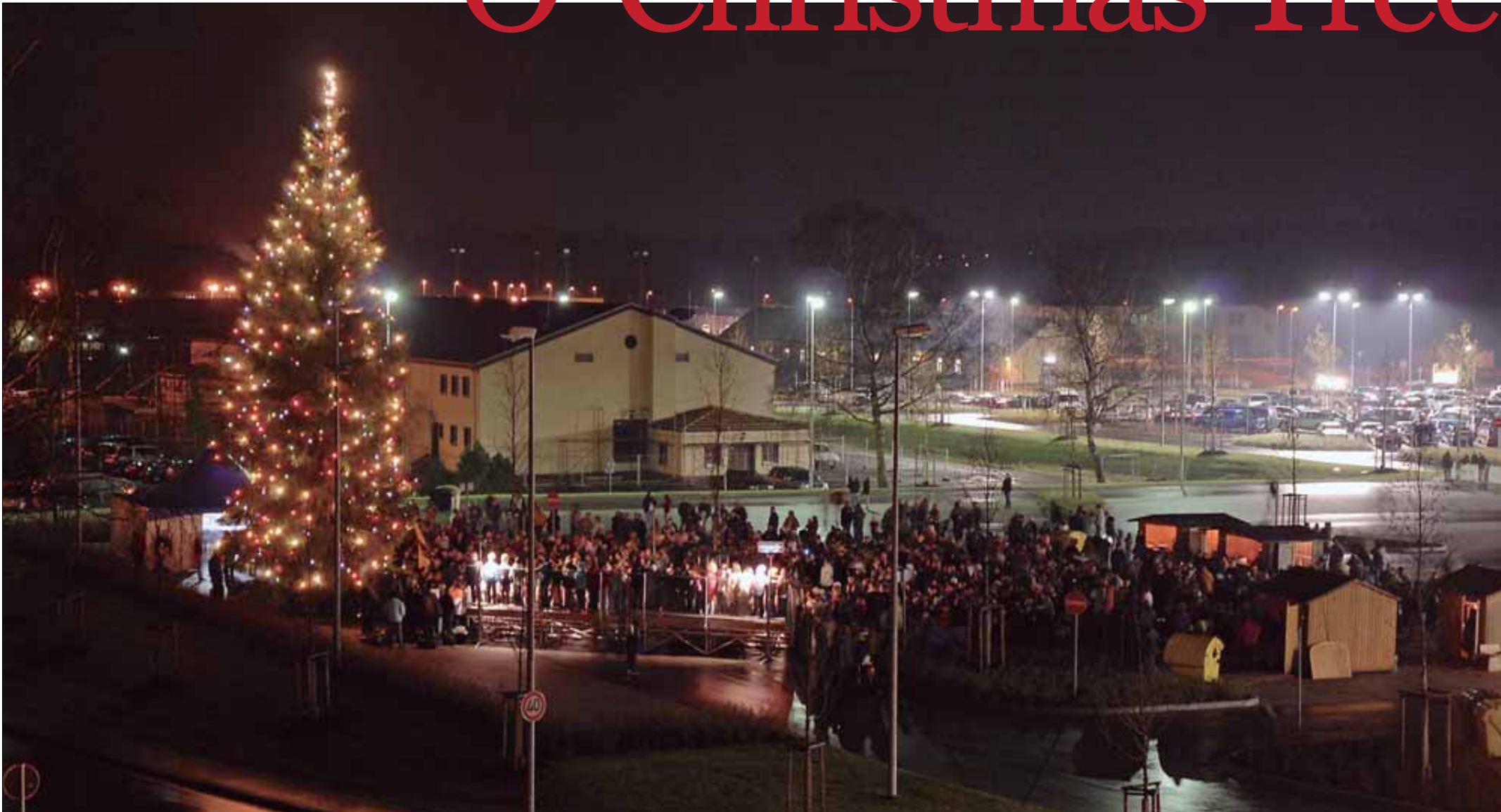


The Joint Multinational Readiness Center formally honored Staff Sgt. Eduardo Brown, JMRC Noncommissioned Officer of the Year, and newly promoted Sgt. Jose Quinones, JMRC Soldier of the Year, during a banquet at a local restaurant. Competitors in both events were assessed on their depth of knowledge in 18 different areas including military leadership and courtesy, land navigation and army history.

NCO of the Year: Staff Sgt. Eduardo Brown
Unit: Company C, 1-4 Infantry Battalion
MOS: 11B
Hometown: Sierra Vista, Ariz.
Time in service: 7 years
Favorite quote: "Two ways to reflect life...to be the candle or the mirror that reflects it."
Quote: "I've got to represent myself and by battalion better than I have in the past. I have to set the example for everyone to follow at all times."

Soldier of the Year: Sgt. Jose Quinones
Unit: Company C, 1-4 Infantry Battalion
MOS: 11B
Hometown: Hartford, Conn.
Time in service: 4 years
Quote: "My life has to change now because I have to be on my toes everyday of the week 24/7. I have to expect the unexpected."

O' Christmas Tree



Photos by Paula Guzman

The Grafenwoehr Christmas tree lighting ceremony was held Dec. 5 in the PX and commissary parking lot. The ceremony included a visit by Santa Claus and St. Nikolaus, singing of carols by both German and American choirs, and the official lighting of the tree.



The Encores German-American Choir of Grafenwoehr serenaded the crowd at the Grafenwoehr ceremony.



Evelyn Zeitler, age 10, of the German elementary school in Grafenwoehr, sang a solo and led the rest of the students in harmony.



Laura, 2, daughter of Sgt. Jeremy and Jamie Conn, 7th Army NCOA, shows her holiday spirit.



The Vilseck tree lighting ceremony kicked off with a German instrumental band playing Christmas carols.



Constantin Deinl, age 5, peeks at the traditional German Christmas Lebkuchen, provided by the Vilseck Kontakt club for the Vilseck tree lighting ceremony that took place Dec. 6 in the Vilseck Health Clinic parking lot.



Santa tells Will Kubicz, 4, son of Staff Sgt. William and Monica Kubicz of 2SCR, that he better be good "for goodness sake."



Photo by Amy Bugala

USAG Bamberg Commander Lt. Col. Gary Rosenberg helps 5-year-old Shannon Keene flip the switch lighting the garrison Christmas tree during the annual tree lighting ceremony Dec. 6.

CONGRATULATIONS !!!

Vilseck High School 1st Quarter Honor Roll

<u>Principal's List – 4.0 and higher</u>	<u>High Honors: 3.5 – 3.99</u>					
9th Grade ASHLIA HENDRICKS CHRISTINE RODRIGUEZ ERIN TOOHEY DANIEL WILLIAMS	9th Grade ERICKA JORDAN STEVEN LUCYNSKI ROBERTO MIRANDA CHRISTOPHER NELSON LEYNA RATCLIFF MAXIANNE VILLALON ALEXANDRIA MILLS DANICA SCHOBIN SARA CARRIKER SARAH DOUGLAS BRIANA MITCHELL SHEILA RIVERA PATRICIA JOHNSON	AMBER HENDRICKS BRYAN HOGG DOMINIQUE SMITH VIRGILIA TANNER KEVIN WATERS AMANDA ZUMWALT ERIKA MARK	MICHELLE MORRIS LARISSA CHAVEZ TIMOTHY RAY DARA RODGERS ANNA CARRIKER CHRISTIAN KENDZIERSKI MERCEDES MCLAUGHLIN STEVEN RYE SHAQUANA HARMON DUSTIN BONTER ANGELICA MCKINNIS STEPHANIE MOONEY RAMON RAMIREZ NOLAN STARKS TROY WHITEHEAD WHITNEY KRAJCOVIC	DANIELLE JONES JENNIFER JOYNER MORGAN LAMBERT PATRICIA JOHNSON JIMMY NGUYEN JORGE RODRIGUEZ LINDSEY ELLIOTT JAMES HARTZ INDIA JOHNSON ANNA MUZZY DARIUS WHITEHEAD EMILY BARNETT GARY BURNETT BRITTANY CONLEY CHRISTIAN LEE CHRISTY MANOOGIAN CHELSEY TAYLOR AARON WARE	IVELISSE MONTANEZ JASON ROBERTS LEONARD RODRIGUEZ JOSHUA DAVIDSON WILLIAM HARGIS SAMANTHA JOHNSTON JUSTIN MOODY-WALKER SANSHON SANDERS SEAN UNTIET TONI ANDERSON LASONDRA ARREDONDO LAUREN CARROLL QUARTNEY COHEN AMBER CORE NIKKI IGNACO	MICHAEL WELCH CHRISTIAN BORRERO TIMOTHY BRUCE RODNEY FRYEL STEPHANIE GUZMAN EILEEN JONES PHILLIP MANNING TRISTAN STEINMANN
10th Grade KHYLE GRIER JOHN LEE						12th Grade FELICIA AVERY JOHN FASSETT NICHOLAS RISCASSI ROBERT AHLERS REBECCA WOMACK JUAN AGOSTO EARL JEFFERSON SEAN ANDERSON MICKEY BRUNNER LEA MCGAFFIN MURRY CHI-KOBI KEVIN BRYAN JERI CALDER ANNA FULGHUM DEMARIO GALBREATH TARA MEIER JALISA SANDERS
11th Grade ANGELA PRATER YASMIN COFER JANICA GUECO TIERRA MCCLEOD AIDA MOUGAN-LEIS	10th Grade EMMA ANDREWS TABITHA HOLZHAUSER ALYSSA MASSIE DAVID WOOD GARRATT YOUNG CRYSTAL CLARK JACLYN FERRER LINDSEY FLOYD PATRICK MOONEY ADAM SHAW LUCAS GUTIERREZ	11th Grade ANGELA BLEVINS SHANE CALDER ANNE GOHO KARLY VELEZ ERIK BIDINGER COURTNEY CORDER TAMARIA HOLLIS PAUL CRUZ NADIA KASTNER SHNIECE ROSS MARY SHOUP KIMBERLY WILLIAMS YVETTE YBAY	<u>Honors List: 3.0 to 3.49</u>	10th Grade KIELE ALLEN COLT EDWARDS FELICIA PARRENO BIANCA SELDERS SOPHIE BAER LEAH BEILHART MIREYA JONES VICTORIA KANDER MICHAEL MANN JOHN MCGAFFIN	11th Grade JILL-ANNETTE AVILES SHAMYRA COLEMAN KEVIN TAYLOR BENJAMIN BARRY VALERIE HEINRICH HERNANDEZ YEIMARIE FABIAN WILLIAMS ALLYSON BARNETT STEPHANIE HOOD AISHA MITCHELL JESSICA RIDER	
12th Grade KELSEY LYNN KATHERINE SCHAFFER STEPHEN NEWBAUER LEMUEL LEE JASMINE NIXON ESTELLE SNODDY		12th Grade ZACHARY GREEN STEPHANIE KOZMA RAYMOND LETORNEAU DANIEL LONOWSKI	9th Grade JARROD ALSTON JACOB BONTER KAYLA COOK JACQUELINE CORMIER BRIANN SMITH KAITLAND TAYLOR KARINA TOUZINSKY THERESA TREVINO			

Garrison Grafenwoehr, JMTC employees lauded by leadership for service, money-saving innovations

EMPLOYEES COMPLETING 45 YEARS OF SERVICE: 20 JULY 2007 TO 30 NOVEMBER 2007
Mr. Hans D. Bloch, 7th Army JMTC JMTEd, Combined Arms Tng Ctr, Vilseck

EMPLOYEES COMPLETING 40 YEARS OF SERVICE: 20 JULY 2007 TO 30 NOVEMBER 2007
Mr. Josef Fraunholz, 7th Army JMTC, GTA Range Support Branch, Grafenwoehr
Mr. Josef Herold, USAG Grafenwoehr MWR, Recreation Division, Vilseck
Mr. Richard J. Wargel, USAG Grafenwoehr HRD, ADCO Grafenwoehr
Ms. Gerlinde Markert, USAG Grafenwoehr DOL, Admin Division, Grafenwoehr
Mr. Gerhard Galler, USAG Grafenwoehr DOL, Admin Division, Grafenwoehr
Mr. Guenther Ringelstetter, USAG Grafenwoehr DOL, Supply & Services Division, Vilseck
Mr. Johann Graf, USAG Grafenwoehr DOL, Supply & Services Division, Vilseck
Mr. Manfred Schaller, 6981st Civilian Support Group

EMPLOYEES COMPLETING 35 YEARS OF SERVICE: 20 JULY 2007 TO 30 NOVEMBER 2007
Mr. Albert Fraunholz, 7th Army JMTC GTA Range Support Branch, Grafenwoehr
Mr. Johann Kraus, 7th Army JMTC GTA Range Support Branch, Grafenwoehr
Mr. Anton Bosser, USAG Grafenwoehr Safety Office, Grafenwoehr
Mr. Siegfried Keck, USAG Grafenwoehr DES, Fire Protection Division, Grafenwoehr
Mr. Reinhard Hoessi, USAG Grafenwoehr DES, Fire Protection Division, Grafenwoehr
Mr. Dennis G. Turner, USAG Grafenwoehr MWR, Youth Sports, Vilseck
Ms. Christine Bodner, USAG Grafenwoehr DOL, Admin Division, Grafenwoehr
Mr. Berthold Armann, USAG Grafenwoehr DOL, Supply & Services Division, Grafenwoehr
Mr. Guenther Grafe, USAG Grafenwoehr DPW, Business Ops & Integ, Grafenwoehr
Ms. Veronica Mutch, USAG Grafenwoehr DPW, Housing Division, Vilseck
Mr. Herbert Andraschko, USAG Grafenwoehr DPW, Opns & Maint Div, Vilseck
Mr. Karl-Heinz Silbermann, USAG Grafenwoehr DPW, Opns & Maint Div, Vilseck
Mr. Josef Hermann, 69th Signal Battalion Network Service Center, Grafenwoehr

EMPLOYEES COMPLETING 30 YEARS OF SERVICE: 20 JULY 2007 TO 30 NOVEMBER 2007
Mr. Teddy R. Henderson, 7th Army JMTC DOT, Opns & Plans Div, Grafenwoehr
Ms. Anita Gebhardt, 7th Army JMTC Resource Management Office, Grafenwoehr
Mr. Wolfgang Walberer, 7th Army JMTC GTA Range Support Branch, Grafenwoehr
Mr. Albert Alford, USAG Grafenwoehr DPTM&S, Plans & Operations Div, Grafenwoehr
Mr. Bruce E. Beck, USAG Grafenwoehr DPTM&S, Plans & Operations Div, Grafenwoehr
Mr. Wolfgang Pueschel, USAG GrafenwoehrSafety Office, Vilseck
Mr. Karl Brand, USAG Grafenwoehr DES, Fire Protection Division, Grafenwoehr
Mr. Karl-Heinz Sehnke, USAG Grafenwoehr DES, Fire Protection Division, Grafenwoehr
Mr. Larry W. Horton, USAG Grafenwoehr MWR, Recreation Division, Grafenwoehr
Mr. Howard L. Martin, USAG Grafenwoehr MWR, Kristall Inn, Vilseck
Mr. Daniel L. Houser, USAG Grafenwoehr HRD, Records Management, Grafenwoehr
Mr. Hubert Kendzia, USAG Grafenwoehr DOL, Supply & Services Division, Grafenwoehr
Mr. Guenther Otte, USAG Grafenwoehr DOL, Transportation Division, Grafenwoehr
Mr. Karl Bielmeier, USAG Grafenwoehr DOL, Transportation Division, Vilseck
Ms. Brigitte Rohrer, USAG Grafenwoehr DPW, Housing Division, Grafenwoehr
Mr. Wolfgang Muehlbach, USAG Grafenwoehr DPW, Opns & Maint Div, Grafenwoehr
Mr. Thomas Kroher, USAG Grafenwoehr DPW, Opns & Maint Div, Grafenwoehr
Mr. Uwe Woelker, USAG Grafenwoehr DPW, Opns & Maint Div, Vilseck
Mr. Peter Preibisch, USAG Grafenwoehr DPW, Opns & Maint Div, Vilseck
Mr. Peter Ott, BASOPS Maint Ctr-EUR Area Maint Manager - East
Ms. Rositta Dagner, DECA Commissary Grafenwoehr
Mr. Johann Witt, 27th Transportation Center BMCT, Vilseck
Mr. Michael Radtke, ASP 1, Vilseck
Mr. Gerhard Schlicht, ASP 1, Vilseck
Mr. Hans-Joachim Koehli, ASP 1, Vilseck
Mr. Georg Retzer, ASP 1, Vilseck
Ms. Angelika Mueller, USATMC-EUROPE Deputy Director for Operations, Grafenwoehr
Mr. Alfred Essler, USATMC-EUROPE CPPSO, Grafenwoehr
Mr. Anton Scheinost, USATMC-EUROPE CPPSO, Grafenwoehr
Ms. Sigrid Kammerer, CPAC, Grafenwoehr

EMPLOYEES COMPLETING 25 YEARS OF SERVICE: 20 JULY 2007 TO 30 NOVEMBER 2007
Mr. Franz Dietrich, 7th Army JMTC Regional Training Support Center, Vilseck
Mr. Richard Zeitler, 7th Army JMTC CATC, Command Training Branch, Vilseck
Ms. Joanne T. McCauley, 7th Army JMTC JMSc, Mission Support Division, Grafenwoehr
Ms. Paula J. Guzman, 7th Army JMTC Public Affairs Office, Grafenwoehr
Mr. Norbert Waletzko, 7th Army JMTC Military Personnel, Adjutant General, Grafenwoehr
Mr. Adolf Schatz, 7th Army JMTC Organizational Maintenance Activity, Grafenwoehr
Mr. Siegfried Reisser, 7th Army JMTC Organizational Maintenance Activity, Grafenwoehr

Mr. Guenther Birawsky, 7th Army JMTC GTA Range Support Branch, Grafenwoehr
Mr. Georg Lauss, 7th Army JMTC GTA Range Support Branch, Grafenwoehr
Mr. Adolf Burggraf, 7th Army JMTC GTA Range Support Branch, Grafenwoehr
Ms. Ulrike Lindner, US Army Airfield Opns-EUR, Grafenwoehr ATC Tower
Mr. Anton Grimm, US Army Airfield Opns-EUR, Grafenwoehr ATC Tower
Mr. Horst Zeitler, USAG Grafenwoehr Resource Management Office, Grafenwoehr
Mr. Guenter Mueller, USAG Grafenwoehr Resource Management Office, Grafenwoehr
Mr. Carey Perks, USAG Grafenwoehr MWR, ACS Division, Grafenwoehr
Mr. Heriberto Ilarrazza-Cruz, USAG Grafenwoehr MWR, Central Contracting, Grafenwoehr
Mr. Hans-Peter Widy, USAG Grafenwoehr MWR, Kristall Inn, Vilseck
Mr. Reginald L. Womack, USAG Grafenwoehr HRD, Military Personnel Svc Div, Grafewoehr
Ms. Gisela Heller,USAG Grafenwoehr DOL, Transportation Division, Grafenwoehr
Mr. Hans Scharl, USAG Grafenwoehr DOL, Transportation Division, Vilseck
Ms. Annegret Mueller, USAG Grafenwoehr DPW, Engineering Svc Div, Grafenwoehr
Mr. Peter Sossalla, USAG Grafenwoehr DPW, Engineering Svc Div, Grafenwoehr
Mr. Frank-Rainer Scholz, USAG Grafenwoehr DPW, Opns & Maint Div, Grafenwoehr
Mr. Roland Schreglmann, USAG Grafenwoehr DPW, Opns & Maint Div, Grafenwoehr
Mr. Georg Liebl, USAG Grafenwoehr DPW, Opns & Maint Div, Grafenwoehr
Mr. Martin Seitz, USAG Grafenwoehr DPW, Opns & Maint Div, Grafenwoehr
Mr. Norbert Schober, USAG Grafenwoehr DPW, Opns & Maint Div, Grafenwoehr
Mr. Gerhard Forster, USAG Grafenwoehr DPW, Opns & Maint Div, Vilseck
Mr. Alexander Pawlow, 39th Transportation Battalion
Mr. Guenther Siegert, ASP 1, Vilseck
Mr. Norbert Engelhardt, Maintenance Activity, Vilseck
Mr. Norbert Streng, USATMC-EUROPE IFMS Fleet Management Division, Grafenwoehr

EMPLOYEES COMPLETING 20 YEARS OF SERVICE: 20 JULY 2007 TO 30 NOVEMBER 2007
Ms. Monika Arbogast, 7th Army JMTC Resource Management Office, Grafenwoehr
Mr. Guenter Arnold, 7th Army JMTC GTA Range Support Branch, Grafenwoehr
Mr. Herbert Kopp, 7th Army JMTC GTA Range Support Branch, Vilseck
Ms. Bettina Fitzgerald, USAG Grafenwoehr DES, Police/PM Division
Mr. Anton Braun, USAG Grafenwoehr DES, Fire Protection Division, Grafenwoehr
Mr. Johann Trassl, USAG Grafenwoehr DES, Fire Protection Division, Grafenwoehr
Mr. Helmut Meyer, USAG Grafenwoehr DES, Fire Protection Division, Grafenwoehr
Mr. John D. Ramsey, USAG Grafenwoehr MWR, Bowling Center, Vilseck
Ms. Sigrid Ott, USAG Grafenwoehr HRD, Records Management, Vilseck
Ms. Alexandra Arnold, USAG Grafenwoehr DPW, Housing Division, Grafenwoehr
Mr. Wolfgang Renner, USAG Grafenwoehr DPW, Opns & Maint Div, Grafenwoehr
Ms. Silvia Gaeck, USAG Grafenwoehr DPW, Housing Division, Vilseck
Ms. Christine Schoepf, USAG Grafenwoehr DPW, Business Ops & Integ, Vilseck
Mr. Georg Rueppel, USAG Grafenwoehr DPW, Opns & Maint Div, Vilseck
Mr. Georg Zeug, USAG Grafenwoehr DPW, Opns & Maint Div, Vilseck
Ms. Evelyn Butter, Contracting Command Regional Contracting Office - Bavaria
Mr. Udo Meier, Maintenance Activity, Vilseck
Mr. Martin Wismeth, Maintenance Activity, Vilseck
Mr. Martin Quandt, 6981st Civilian Support Group, Grafenwoehr
Mr. Dwight A. Hall, USATMC-EUROPE Travel Services Office, Grafenwoehr

SUGGESTERS
* Mr. Michael Kneidl, Maintenance Activity, Vilseck
* Mr. Peter Kohler, Maintenance Activity, Vilseck
* Mr. Hans Ledwa, USAG Grafenwoehr DPW, Vilseck

Employees who received suggestion awards are as follows:
■ Mr. Michael Kneidl from the Maintenance Activity Vilseck receives \$1000 for his suggestion to place the mud flap of the M1074/M1075 2.5 inches to the side, so that the mud from the tires will not endanger the following traffic.
■ Mr. Peter Kohler from the Maintenance Activity Vilseck receives \$250 for his suggestion to change the technical manual, to list only one national stock number instead of two separate stock numbers. \$150 to change the technical manual to provide a stock number and the procedures for the rubber pad to be used for the brackets of the 105MM M199A2 Howitzer. \$150 to change the technical manual to use locktite to secure a bolt that is used to hold the housing plunger of the 105MM M119A2 Howitzer. \$100 to change the technical manual to use low grade locktite to secure the 10 screws holding the bearing sleeve of the 155MM M198 Howitzer. \$100 to change the technical manual to use a pin spring for holding the stowage gun.
■ Mr. Hans Ledwa from the Directorate of Public Works Vilseck receives \$25 for his suggestion to install a mirror at the intersection from the road coming from Tanzfleck Gate 4 and the Tank trail.

Best Kept Secrets Series

‘Tailor-made’ for Garmisch: Employee serves half a century

by JOHN REESE
Bavarian News

(This is the first in a series on Garmisch’s Best Kept Secrets.)

Tucked in a back corner of the commissary next to the bank and behind the crystal shop on Artillery Kaserne is a small combination photo print-tailoring-dry cleaning shop, where the open door and hum of a sewing machine in the back signals that Frau Emilea Voerkel is busy at work in her 57th year as an Army & Air Force Exchange Service-Europe employee.

Born in 1925 in the city of Nikolayev on the Black Sea, Voerkel’s mother taught her to sew when she was 18. She arrived in Garmisch in 1945, and five years later she started working for AAFES at the old Bahnhofstrasse PX, where she served for 53 years.

“A shop is a shop,” she said, “but the Bahnhofstrasse shop was convenient to everything downtown.”

Voerkel was a young schoolgirl of 16 when her family was forced to flee their hometown on the Black Sea. It was 1941 and Operation Barbarossa, the German invasion of the Soviet Union, swept across the western edge the USSR. The Ukraine was important for its agricultural and industrial base, and her town of Nikolayev was occupied.

“We just left everything and lost everything,” she recalls. “My school, my friends, from the needle to everything, but I was lucky, so I’m glad.”

Voerkel worked at the Bahnhofstrasse location until it closed down four years ago and the location was moved to Artillery Kaserne, a quiet spot compared to the early days, where she sews, and takes in dry cleaning and photo finishing orders that are sent out.

“At the Bahnhofstrasse I did tailoring, and I also worked for a rental service for televisions,” she said. “AAFES has changed over the years, just like everything else, but I was always lucky to have good bosses. Gary

(Harrison) is a nice manager.”

“In my two years of working with Frau Voerkel, the impact she has had on this community is quite evident,” said Gary Harrison, AAFES manager, Artillery Kaserne. “The customer satisfaction, the personalized service and the warm and friendly atmosphere are only a small part of what she means to the Garmisch residents,”

She married a German painter, Gerhardt Voerkel, and together they raised their daughter Christine, who attended college in the United States to become a criminologist.

“My husband passed away long ago,” said Voerkel, a touch sad as she reminisced.

She immediately brightened up as she displayed a recent family Christmas picture

kept at her customer counter.

“My daughter Christine went to school in Valdosta, Ga., and now she lives in Florida with my granddaughter.”

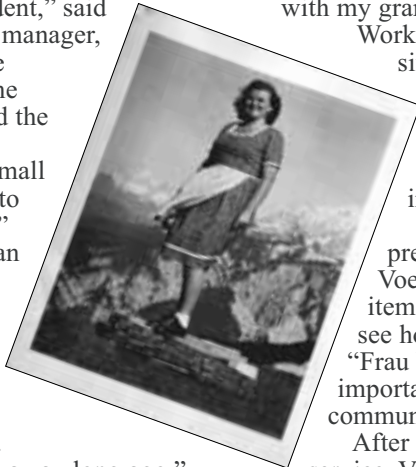
Working for the Americans over nearly six decades has been good, says Voerkel.

“I’ve met a lot of nice families over the years,” she said. “The world today is very international.”

“Customers from past and present make it a point to visit Frau Voerkel, even if they do not have items to be altered, just to say hi and see how she is doing,” said Harrison. “Frau Voerkel has and will always be an important part of the Garmisch military community.”

After 57 years of friendly customer service, Voerkel still enjoys tailoring and has no plans to quit.

“It’s my job,” she said. “As long as I feel good I’d like to work.”



Courtesy photos



Photo by John Reese

Emilea Voerkel just after WWII and today at her sewing machine, still clocking in after more than 57 years as an AAFES employee. Customers past and present stop by just to say hello. (Above centered in text) Voerkel in younger days.

“We just left everything and lost *everything*,” she recalls. “My school, my friends, from the needle to everything, but *I was lucky*, so I’m glad.”

Community honors Native American Month with ‘Living Culture’

by ALEXANDRA COFFELT
Special to the Bavarian News

Living Culture, a German group featuring Native American culture, dance, and drum performed Nov. 28 at the Garmisch Elementary/Middle School.

Many traditional dances were exhibited to the students’ extreme pleasure. The group of two men and two women has been dancing together for over 10 years. The group’s narrator, Petra Heckel-Wiedemer, spoke fluent English.

“I was raised in American schools,” said Heckel-Wiedemer.

Many of the children were wowed by the group’s ornate regalia. Heckel-Wiedemer wore a traditional jingle dress, which evolved over the years.

The legacy is that a woman’s granddaughter was sick, so she went to the medicine man for advice. He told her to do as he had dreamed and that she was to dance wearing a dress ornamented with deer hooves. She did this and the girl became well again.

Heckel-Wiedemer’s dress is decorated with silver jingles made from the lids of tobacco cans to give the same effect.

Sgt. 1st Class Jacqueline Galloway, Equal Opportunity NCO for U.S. Army Garrison Grafenwoehr and the

organizer of Living Culture’s Garmisch visit, said she was impressed at the younger children’s reaction to the jingle dress.

“The smaller kids are usually afraid of Petra’s dress,” said Galloway. “The Garmisch students were more involved. I saw more excitement here than at the bigger schools.”

“I liked the man with the wolf on his head,” said a kindergartner.

The man was Eduard “Eddy” Stoltz, who wore traditional hunting buckskins with a wolf-pelt headdress.

The other members’ outfits evoked similar positive reactions. Moni Tkotz wore a deer leather dress with geometrical beadwork and a beaded shawl.

When asked whose outfit was the favorite, one student replied, “the dude that died,” referring to Tommy Zunal in his long wool-fringed grass outfit.

Zunal opened the program with a haunting native flute melody that echoed in the school’s multi-purpose room, and later performed the calling drums dance, a ceremonial dance to crush down the grass for pow-wows.

In the final dance of the program, Zunal fought a mock-combat duel with Stoltz in which the opponents struck drums instead of each other. When Zunal eventually submitted in



Photo by John Reese

Drumming and chanting, Living Culture performs a traditional Native American intertribal song for about 80 enthusiastic students at Garmisch American School. The all-German group visited Garmisch to celebrate Native American Heritage.

defeat, Stoltz sheathed his “weapon” and helped him to his feet for a hug.

The students cheered this dance and many said it was their favorite, although some of the younger children were frightened.

The students were invited to participate in two of the dances and enthusiastically joined in.

“Usually the older students at the bigger schools just look at me like, ‘Oh no, I gotta dance?’” said Galloway. “This was great.”

All in all, it was a good experience for the entire school. For more about Living Culture, visit <http://www.living-culture.de>.

(Guest reporter Alexandra Coffelt,

13, is a Garmisch American School 8th grade student in Mr. Terry McClain’s creative writing class.

She plans to go to college after graduation and hopes to get a scholarship to attend Johns Hopkins, Harvard, or Auburn University. Staff writer John Reese contributed to the story.)



Heavy Metal

Photo by John Reese

USAG-Garmisch metal shop employee Roland Modes, left, says “Auf Wiedersehen” to garrison furnishings warehouse manager Albrecht Pecher.

Modes retires Friday after 44 years working of service to the U.S. Army, while Pecher marks 30 years and plans to carry the torch a bit further.

Karl Hoerl, another metal shop employee not pictured, also retires along with Modes after 22 years on the job.

Hohenfel's 'Combat Santa' project comes to aid of wounded Soldiers

by GARRY BARROWS
Bavarian News

"Combat Santa Wants You!" is the slogan for a memorable holiday campaign, sponsored by the Hohenfels National Honor Society and the Hohenfels National Junior Honor Society.

This campaign is designed to provide wounded Warriors small, yet important, comforts of life such as underwear, slippers, pajamas, and more as they recover at the Landstuhl Regional Medical Facility.

When Soldiers are medically evacuated from the front after being wounded or falling ill, the move is generally done as quickly as possible and, in most cases, the Soldiers have only the clothes on their back.

“**Most of our wounded Soldiers are young men and women, far away from home, hurt and scared. They are dependant on people just like you and me to show up and prove to them that we care....**”

Clarissa Petery
Combat Santa volunteer

day-to-day necessities—are readily available.

Necessities like toothbrushes, deodorant, phone cards, athletic shoes, and socks are the kinds of things that are immediately missed when a Soldier begins the return road to health.

Today is the last day donations can be accepted.

The idea for the project started late last fall when Lyndy Axon, then a

senior at Hohenfels High School and now a cadet at the Air Force Academy in Boulder, Colo., became aware of the Wounded Warrior Ministry Center. The WWMC is part of the Landstuhl Pastoral Services that cares for the needs of wounded and ill service members medically evacuated from any front in the Global War on Terrorism.

Although the honor society members were intrigued by the opportunity, they were not able to implement the idea before the end of the school year.

This year, Ruby Sell, sponsor of both societies at the high school, and HNHS President Shaun Redden, thought the idea was perfect for their holiday community project.

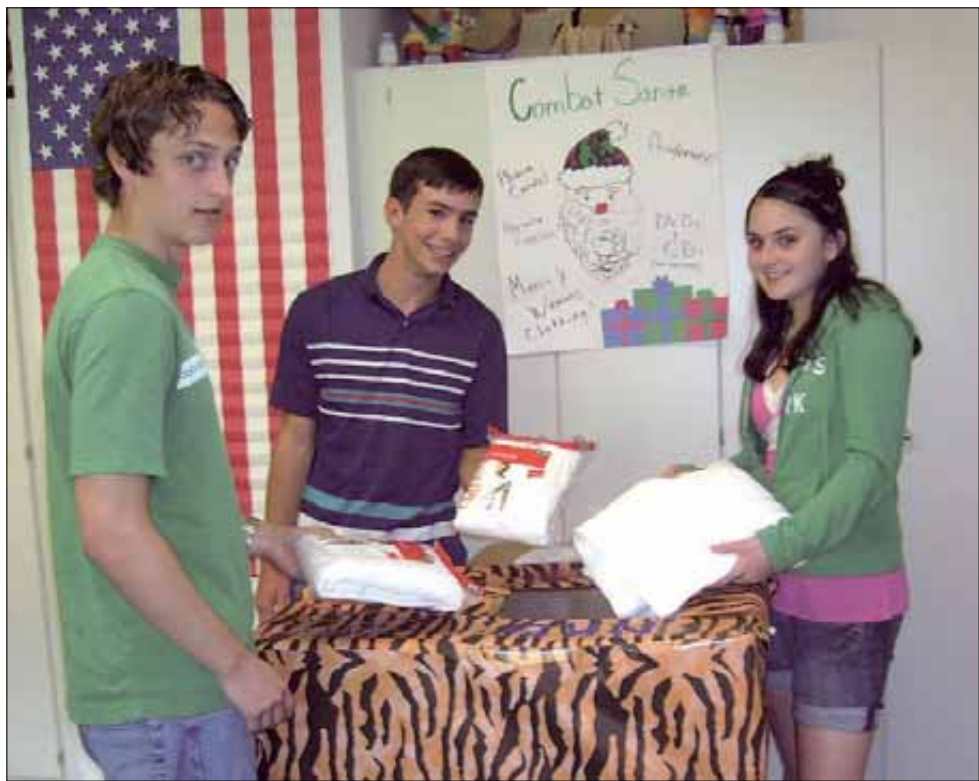
"It was a great idea," said Sell, "We did a similar project—Treats for Troops—several years ago, so I had some experience in recognizing the need. We wanted to show our appreciation in an immediate and positive way."

Sell said the students can relate to the wounded

Warriors because Hohenfels High School graduate Adam Krouse was recently wounded in Iraq and treated at Landstuhl.

"If a Soldier comes to Landstuhl in nothing but a gown and these kinds of things (personal items) are not there, it may be possible to think no one cares about them," Redden said. "We didn't want that."

Katie Hoss, a Junior Honor Society member, has coordinated the



(From left) Hohenfels National Honor Society members Lucas Hoss, Ryan Matheson, and Allison Deane review contributions to the Combat Santa holiday campaign in preparation to deliver them to the Landstuhl Regional Medical Facility Friday.

Photo by
Sandy DeLaughter

involvement of the Hohenfels Elementary School with her mother, Jennifer Remoy, a fifth grade teacher.

"I have had teachers ask me to send Combat Santa information electronically so they can include it in their newsletters home to help raise support," Remoy said.

Clarissa Petery, a substitute teacher at the high school, has joined in to assist the students and Sell with the project.

"Most of our wounded Soldiers are young men and women, far away from home, hurt and scared," said Petery. "They are dependant on people just like you and me to show up and prove to them that we care about them and their real life situations."

"My father was a veteran and was paralyzed from the waist down. I saw first hand how difficult life was for him on a daily basis," she said. "During my husband's battalion

command, I visited several of our Soldiers at Walter Reed Hospital. They asked nothing for themselves and only worried about their buddies. Visiting and listening to these wounded warriors has had a profound effect on me and my idea of courage and sacrifice.

"Our donations of toiletry items, socks, and candy may make a Soldier more comfortable, in some small way, I hope so. I am very grateful for their service, and I am thankful for the students of Hohenfels High School NHS that volunteered to participate in helping our Soldiers," said Petery.

Friday will be an exciting day for many of the people connected with Combat Santa.

"I really liked Shaun's idea to actually take the trip and deliver the donations ourselves," Sell said. "We don't know all of the details; we're fine tuning the trip itself right now."

Sell, Redden, and Hoss are eager to see the donations in the right hands and are looking forward to going to Landstuhl.

"I really think it will help support the Soldiers because hospitals are very lonely places," Hoss said. "I've gone to them long enough to know that by now. When people you don't even know or don't know well come to visit you and hope you get better, it touches you. You don't expect some people to care, but in reality, they do."

Petery envisions this year's project as the beginning of a Hohenfels tradition.

"Just as the Tree Lighting (ceremony) is performed every year in December, Combat Santa can carry on for as long as is necessary here in Hohenfels," Petery said. "Hohenfels is a small post, but we are mighty. We have a lot of folks that care, and they really come through for our Soldiers."



Courtesy photo

Read my hands

A toddler at the Hohenfels Child Development Center signs "thank you." Hohenfels' CDC has implemented the Baby Signs program in the infant and toddler rooms to help the children develop both language and cognitive skills. Researchers have found that using sign language with babies helps reduce frustration in infants who cannot yet verbally communicate. Nonverbal communication builds trust between babies and caregivers and also jumpstarts intellectual development. For more information about the program, call the Hohenfels CDC at DSN 466-4707.

**Look for the Bavarian News
online at www.milcom.de**



Photo by Garry Barrows

Capt. Samuel Fishburne enjoys a cup of coffee after the Brew in the Box Coffee Bar grand opening ceremony in Hohenfels.

Get your cup of Joe at Brew in the Box

Staff report

The Brew in the Box Coffee Bar staff brought out the bells and whistles as the store opened for business in the main lobby of Bldg. 10 during a grand opening ceremony Nov. 26 in Hohenfels.

The Joint Multinational Readiness Center Commander Col. Thomas S. Vandal; Morale, Welfare and Recreation Director Glenn Pietras; and Army Community Service Chief Trevor P. Jackman cut the ribbon that allowed the gathered crowd to begin enjoying what promises to be a popular location.

In addition to two large plasma screen televisions, wireless Internet will be installed sometime near the end of the year allowing everyone to drop in for a great cup of coffee and still be connected.

The menu is extensive with favorites such as cappuccino, café latte, café mocha, vanilla latte, caramel macchiato, and café Americano available for \$2 to \$2.75. Espresso, a number of iced, blended coffees, and hot chocolate and tea round out the selection.

The Brew in the Box is open weekdays from 7:30 - 11 a.m. and 1 - 4:30 p.m.

Commander sends holiday greetings, urges awareness of drug use, safety

This is the last issue of the Bavarian News for the year, and I wanted to take the time up front to wish you and your families the happiest of holidays and a joyous and prosperous New Year. Whether you or your spouse are currently deployed or have been working a rotational schedule, the past year has been busy for everyone, and I hope that you will take the time to reflect upon all of the positive things in our community as well as those who are in need of support during this season. As we close out the year,



here are a number of issues that may be of interest to you.

Over-the-counter drug use

In the past two months we have seen a serious increase in the number of instances that our teens, primarily in the high school, are abusing over-the-counter drugs that contain the ingredients Dextromethorphan as well as the product Dust Off.

These ingredients are found in common cold medicines like cough suppressants that you probably have in your house.

Abuse of over the counter drugs is an extremely serious issue that I ask your support in helping to prevent before a community member is accidentally killed or seriously injured.

In the past month, we have had six students in the high school who have been sent home for use of

over-the-counter drugs, and two of these students were sent to the hospital as victims of an overdose.

To help address this problem, the Army and Air Force Exchange Service and the Defense Commissary Agency have restricted sales of these products and products containing these ingredients by dependent children under the age of 20. Restricting sales in our facilities will not solve this problem alone; it will take your involvement.

Please take the time to discuss over-the-counter drug use with your families and be aware of the products that you may have in your home and how they are being used.

Combined Federal Campaign

Congratulations to the entire community and thank you for your generous outpouring of support for

this program.

This year the Hohenfels community raised \$114,555, which exceeded our goal and is a remarkable number for a community of our size.

Top honors for total contributions by a unit go to ITACSS (Griffins) followed by Company D, 1st Battalion, 4th Infantry Regiment, and Joint Multinational Readiness Center Operations Group. Again, thank you to everyone who contributed to this year's campaign.

Safety during the holidays

Unfortunately during this time of the year, we normally see a rise in the number of preventable safety incidents in and around post. Do not become a statistic this holiday season.

If you are going out for the night and alcohol will be involved, use a

designated driver program, take public transportation, use your chain of command or in an emergency, call the Garrison Ride Home Program at CIV 09472-83-2819.

When road conditions are less than perfect, plan ahead, adjust your speed to the road conditions, and take your time on the roads.

At home, turn off holiday lights when they are not in use or when you leave the house. Have a great holiday and be safe.

Enjoy the holiday season and the upcoming winter months and as always, Command Sgt. Maj. Perry Clark and I look forward to seeing you around the post.

*Lt. Col. Gary Bloomberg
USAG Hohenfels
Commander*



Cultural Exchange Hohenfels celebrates American Indian heritage with performance

by Master Sgt.
CHRISTOPHER MULVIHILL
JMRCE EO Advisor

Mario Guadarrama peers out from under his elaborate Aztec headdress at the audience of more than 400 Hohenfels Elementary School students waiting with raised hands to ask him questions at the post theater Nov. 27.

"What are your clothes made of?" asked one student.

"Leather, mostly. Leather from deer, leather from cows, leather from pigs. Also, pheasant feathers, parts of animals," Guadarrama said, indicating the ocelot, coyote, and fox heads in several of his companions' headdresses.

"We also use seeds in our clothes to help make the sounds you hear," he said.

Guadarrama is a member of the Calli Dance Group, a Native American Aztec dance group from a town just south of Mexico City. His leather business brings the group to Germany seven to eight months out of the year.

While in Europe, they use the opportunity to share their culture with Europeans and Americans. They especially welcome the chance to help celebrate American Indian Heritage Month.

"We very much want to share our culture and

The Aztec dance group Calli recreates authentic ceremonies for American Indian Heritage Month Nov. 27.

Photo by Garry Barrows

heritage with others," said Guadarrama.

After demonstrating three ceremonial dances and two songs, both accompanied by traditional drums and chants, Guadarrama talked about people's relationship to the earth, the forest, the sky, the ocean, and the animals.

He told the audience about their use of tree resin to make smoke to accompany their ceremonies, which are an important part of their culture.

"We are thanking nature for the goodness we have," Guadarrama said about the dances.

As the capstone event for the celebration, the Calli Dance Group was a fascinating learning experience for the community, but especially for the elementary students.

In addition to the visit by Calli, the community observance also included two other components, both organized by American Indian Heritage Committee Chairperson Pfc. Kalie Frantz, of the Cherokee and Lumbee tribes.

Hohenfels' middle and high schools participated in a poster contest, with 26 submissions that were on display in the theater during the dance performance.

The second event was a traditional food tasting with recipes donated by Native American community members and prepared by the Hohenfels High School Culinary Club.

Dishes such as fry bread and corn soup, mashed maple sweet potatoes, corn pones, blueberry muffins, carne adobado (chili marinated pork), and smoked salmon delighted PX visitors while providing a lesson in diversity and cooperation for the culinary club.

Seattle SeaGals astonish Hohenfels audience

Story and photo by **JOANNE LOVE**
Special to the Bavarian News

Although the National Football League Seattle Sea Hawks dance team performance in Hohenfels was scheduled for the night after Thanksgiving and on a four-day holiday, that did not deter about 160 Soldiers and community members from attending an energetic performance by the SeaGals at the post gym Nov. 23.

From the very first routine to the last, the audience appeared to be entertained and delighted for the entire evening.

The performance started with a regular football half-time routine, moved into a musical review of the 1950-60's, then the 70-80's, and ended with a modern hip-hop routine.

In addition to the dances and the songs, the performance included routines with children and members of the audience.

No military performance is complete without ending the program with a medley of patriotic



The Seattle Sea Gals, the dance team for the National Football League Seattle Sea Hawks, performed in Hohenfels Nov. 23.

songs.

U.S. Army Garrison Hohenfels Commander Lt. Col. Gary Bloomberg presented the dancers with Joint Multinational Readiness Center T-shirts, and the team, in turn, presented

Bloomberg with a Seattle Sea Hawks flag signed by each member of the group.

The flag will be on display at the 1st Battalion, 4th Infantry Regiment's Warrior Sports Café.



Photo by Elizabeth Mauldin

Brandon Ruiz dressed the part for Thanksgiving. Hohenfels Elementary School second graders organized a meal for parents and staff at the school last month in appreciation for all they do to help students achieve success.

Community Spotlight

What’s Happening

Grafenwoehr/Vilseck Briefs

Vilseck Clinic has new hours

The Vilseck Health Clinic’s new operating hours are as follows beginning Dec. 26:
Monday-Wednesday: 6:30 a.m.-6 p.m.
Thursday: 1-6 p.m.
Friday: 6:30 a.m.-3 p.m.
Saturday: 9 a.m.-noon (Urgent Care Only)
Closed all training holidays and federalholidays.

Estate claim for 2nd Lt. Burks

Anyone having any claims on or obligations to the estate of 2nd Lt. Peter Haskell Burks of 4th Squadron, 2d Stryker Cavalry Regiment, should contact the summary court officer: 2nd Lt. John Leitch at DSN 476-5301 or by e-mail at john.leitch1@eur.army.mil.

New Customs office

There is a new Customs customer service office in Grafenwoehr located in Bldg. 244, Room 240. Operation Hours will be as follows:
* Monday–Thursday, 8 a.m. - noon / 1 - 4 p.m
* Friday, 8 a.m. - noon and 1 - 3 p.m.
For more information, call DSN 475-7249 or CIV 09641-837249 at Grafenwoehr, or call the Vilseck Office at DSN 475-2105 or CIV 09662-832105.

Credit Union holiday hours

All Service Credit Union branch offices will be closed at 1 p.m. Dec. 24 and Dec. 26. All branch offices will resume normal hours Dec. 26 and Jan. 2.
Service Credit Union would like to remind its members that Internet banking, ATMs and the 24-hour Contact Center are all available 24 hours a day, seven days a week.

Annual meter readings

During the period beginning of November 2007 until end of January 2008 the electricity supplier EnBW (Energie Baden Wuerttemberg) will do the annual meter readings in the Grafenwoehr and Vilseck GHRP and Leased Housing areas.
The personnel will have identification cards, which will show that they are from the electricity supplier EnBW. Please provide them access to your electricity meter.
For information contact Barbara Boesl at DSN 476-2207.

Graf clinic announces holiday hours

The holiday hours for the Grafenwoehr Health Clinic are as follows:
■ Dec. 24-25: closed
■ Dec. 26: 7 a.m.-5 p.m.
■ Dec. 27: 1-5 p.m.
■ Dec. 28: 7 a.m.-3 p.m.
■ Dec. 29-Jan. 1: closed
■ Jan. 2: 7 a.m.-6 p.m.
■ Jan. 3: 1-6 p.m.
■ Jan. 4: 7 a.m.-3 p.m.
■ Jan. 5: 9 a.m.-noon

Garrison school update

Information is available at each school Web site:
<http://www.graf-es.eu.dodea.edu/>
<http://www.vils-es.eu.dodea.edu/>
<http://www.graf-ms.eu.dodea.edu/>
<http://www.vils-hs.eu.dodea.edu/>
School contact information:
GES: DSN 475-7133
VES: DSN 476-2812
GMS: DSN 475-9500
VHS: DSN 476-2554
Transportation: DSN 475-8954
Dates
■ Through Jan. 18: Orders are being taken for the full-colored Vilseck Elementary School Yearbook. The annual costs \$20, payable by cash or a money order made out to VHS SAF. Purchase envelopes are available at VES. Contact Mrs. Northam at DSN 476-2812 for more details.
■ Odyssey of the Mind Coaches for VES: Coaches are needed to guide and encourage teams of students to creatively solve a problem that will be presented at the OM Competition in Bad Kissingen. VES is trying to get at least five teams established. Volunteer coaches will receive training. POC: Victoria Hennion at DSN 476-2812 or CIV 09662-83-2812.

CYS news

For more info on the programs listed

below, contact Central Registration at Vilseck DSN 476-2760, CIV 09662-83-2760 or Grafenwoehr DSN 475-6656, CIV 09641-83-6656 or e-mail cysinfo@eur.army.mil.
■ CYS will open the CDCs and SASs on Friday nights until 9 p.m. and alternate opening two Saturdays a month between the Vilseck and Graf communities. The Teen Centers will also staff “Open Gym” on Saturday afternoons in both communities.

Lost your bike? Look here!

The Vilseck City Hall and Vilseck MP Station have an abundance of unclaimed found property that is believed to belong to American personnel.
The found property consists of bicycles, wallets, and clothing. The point of contact at the Rathaus is Ms. Felkl’s office which is located at #13 Marktplatz, 92249 Vilseck, her phone number is CIV 09662-9927.
The point of contact at the Vilseck MP Station is Staff Sgt. Buchanan, DSN 476-2903.
Remember, if you don’t secure your personnel property, someone else will.

AAFES sets holiday hours

PX and Mall Holiday Hours now in effect: Monday-Thursday: 10 a.m.-8 p.m., Friday-Saturday: 10 a.m.- 9 p.m., Sunday: 11 a.m.-7 p.m.
Food Court Holiday Hours now in effect: Monday-Thursday: 10:30 a.m.-8 p.m., Friday-Saturday: 10:30-8 p.m. (Charley’s, Subway & Baskin Robbins), 10:30 a.m.-9 p.m. (Popeye’s and Taco Bell), Sunday: 11 a.m.-7 p.m.
Mainstreet X-presso! Holiday Hours now in effect: Monday-Friday: 7:30 a.m.-8 p.m., Saturday: 8 a.m.-8 p.m., Sunday: 10 a.m.-7 p.m.
All facilities will close at 4 p.m. on Dec. 24.

CMR hours extended

During the holiday season through Dec. 29, there will be extended operation hours at the Grafenwoehr and Vilseck Community Mail Room:
Monday - Friday: 9 a.m. - 6 p.m.
Saturday: 9 a.m. - 2 p.m.
Closed: 25 Dec (Christmas)

Hohenfels Briefs

Free personality tests offered

Puzzled by Your Personality? Ever wonder where you “fit”? Join the Protestant Women of the Chapel on Tuesdays in January to put the pieces together! Mark your calendars for the following dates:
Jan. 8: Take the Myers-Briggs Type Indicator (MBTI) test free
Jan. 15: Get your MBTI scored results and learn about the types.
Jan. 22: Take a different personality assessment based on the book “Why You Act the Way You Do”
Jan. 29: We’ll wrap up the month by

taking a Spiritual Gifts test to see how God has gifted us.
Join us at the Hilltop from 9:30 a.m.-1130 a.m., or come early for coffee and fellowship at 9 a.m.
Child care is provided free at the chapel annex for children 1 month- 5 years and opens at 8:45 a.m. Bring a friend and learn a little about yourself!
This event is sponsored by Protestant Women of the Chapel but women of all (or no) faith backgrounds are welcome!
The POC for this event is Gwen Eungard , e-mail bradandgwen@cs.com.

Sort Facility operating hours

The operating hours at the Sort Facility during the holiday season are as follows:
Dec. 24 – 7 a.m. to noon
Dec. 25 - closed
Dec. 26 - closed
Dec. 31 – 7 a.m. to noon
Jan. 1 - closed.
The days not mentioned will be open as normal throughout the year. Call the DPW Sort Office at DSN 466 – 4967 for information.

Counseling available

Counseling is available for individuals, couples or families on Mondays, Tuesdays and Thursdays at the Family Life Center, Bldg. 743, across from the commissary.
Appointments can be made to see Chaplain (Maj.) Darin Nielsen by calling DSN 476-3276 or counselor intern Beth FitzGerald by calling DSN 466-1570 or DSN 466-4795.
All counseling is confidential and is available for Soldiers, spouses, civilians and family members.

Brighten a wounded Soldier’s holiday

Remember our wounded warriors during the holiday season. Take time this holiday season to remember our wounded warriors at Walter Reed Army Medical Center.
When you are making out your holiday card list this year, include the following:
A Recovering American Soldier
c/o Walter Reed Army Medical Center
6900 Georgia Avenue, NW
Washington, D.C. 20307

School winter break policy

Message for all Hohenfels Middle High School parents winter break policy: Parents must notify the administration, in writing, an acceptable explanation or the need for an extended holiday period by a family, the student may be excused from school beginning Monday (five school days prior to the Dec. 22 start date for the winter break).
Parents must notify the administration, in writing, of this necessary alteration of the winter break schedule by Saturday.
This will allow the administration to coordinate coursework with teachers for the days the student will be excused from school. All assigned coursework must be completed by Jan. 7.

This process allows us to provide a recess period that is most advantageous to the greatest number of families during the holiday leave period.

APO, CMR extends operating hours for holiday

The Community Mailroom will be open on Saturdays for the holiday season through Dec. 22. The window hours will be 9 a.m. to 1 p.m.
The CMR will be open on Christmas Eve from 10 a.m. – 2 p.m.
For more information, contact Carol James at DSN 466-2796/4398.
The APO holiday hours are Monday through Friday 9 a.m. to 4 p.m. and it is closed on Saturdays and Sundays.
For more information, contact Walter Knight at DSN 466-2887.

ASC seeks volunteers with foreign language skills

The Army Community Services is looking to build a pool of volunteers with foreign language skills to assist with the Warrior Transition Unit Soldiers and family members.
They are looking for people with skills in any language, not just German. If you possess this skillll, and are willing to volunteer, contact Eva Garrett at the Army Community Services at DSN 466-2081.

Red Cross gift wrapping

The American Red Cross is sponsoring the annual holiday giftwrap program, a fundraising opportunity for private organizations and FRGs on post through Dec. 24 at the Hohenfels Main Exchange.
Participating organizations choose shifts and man the booth during those shifts. All interested parties should contact the American Red Cross immediately by calling DSN 466-1760,

sending an e-mail to redcrossshohenfels@eur.army.mil, or stopping by the Red Cross office in Bldg. 335.

Checking German mailboxes

All residents at Leased Family Housing Units are requested to check their German mailboxes on a daily basis.
The Housing Facilities Office is sending important and recurrent information, such as appointments from contractors for oil deliveries, annual heater maintenance, chimney sweeping and other contractor maintenance.

Club Beyond Update

Club Beyond is free. All youth (7th-12th grade) are welcome anytime.
If you have any questions about these upcoming events or Club Beyond Hohenfels call Chris Howard at DSN 466-4793 or CIV 0151-1494-3311 or e-mail christopher.s.howard@eur.army.mil.

CYS Babysitter Referral Services

Babysitters are Red Cross trained teens willing to provide childcare services during non-school days and weekends.
Child care services and rates are negotiable with provider and include at home or in-quarters care.
* Referrals are available to anyone requiring babysitter services.
* Visit the CLEOS office for referral services, or contact us for additional information.

CYS registration free

Registration for Middle School/Teen Services is free. Pick up registration forms at the MS/Teen facility, temporarily located in the Community Activities Center, Bldg. 40, or register at CLEOS.

FOR SALE

Vilseck Elementary School Full Color Yearbooks

\$ 20 money order payable to VHS SAF or \$20 cash until Jan. 18

Books are \$ 25 after Jan. 18.

Purchase envelopes are available at Vilseck Elementary School.

Contact Mrs. Northam at DSN 476-2812 or CIV 09662832812 for more details.

Thank you for the support!



Please join the
Hohenfels
Combined Chapels
For our Annual
Christmas Program


December 16th, 2007
1800
Nainhof Chapel

An evening of Scripture and Song

Christmas goodies and warm drinks
Following program
Outside on the Nainhof
platz

POC Stephanie Headrick
09472-907820
or Hilltop chapel Center
09472-83-1570/
DSN 466-1570






BREW IN A BOX

A great cup of coffee at a great price!

DAILY GRINDS	Small	Large
Brewed Coffee	1.75	2.00
Cappuccino	2.00	2.75
Café Latte	2.00	2.75
Café Mocha	2.00	2.75
Vanilla Latte	2.00	2.75
Caramel Macchiato	2.00	2.75
Café Americano	2.00	2.25
Flavored Syrup	.75	1.00
Espresso	Single 1.50	Double 2.00

COFFEE, JAVACHOS, ICED, BLENDED COFFEES	SOOTHING SIPS
Latte	3.00
Café Mocha	3.00
Caramel Macchiato	3.00
Café Vanilla	3.00
Raspberry	3.00
	Hot Chocolate 2.00
	Hot Tea 1.25
	Bottled Water .75

Weekdays in the Main Lobby of Building 10
7:30 a.m. – 11:00 a.m.
1:00 p.m. – 4:30 p.m.



Two Plasma Screen Televisions to help you enjoy your coffee!!!
WiFi 'HOT SPOT' Coming Soon!!

What’s Happening

Ansbach Briefs

Decorations in housing

Christmas and holiday decorations may be displayed throughout the housing areas during the holiday season. When using holiday lighting, care must be taken to ensure safety and prevent damage to homes and barracks, said housing officials.

Here are a few simple rules to follow when it comes to holiday lighting:

- Holiday lights may be displayed from now until Jan. 7. Lights may only be lit from 4 p.m. to midnight to help conserve energy.

- Lights or other holiday decorations will not be stapled or nailed to door and window frames of housing or barracks structures.

- Balcony decorations are allowed for stairwells. Lawn decorations are allowed for duplexes and single houses.

- Exterior lights and extension cords should be designed for outdoor use and contain a factory label indicating Underwriter Laboratory (UL) approval. Exterior extension cords should also be heavy duty.

- Routing extension cords through windows or doors is prohibited. Exterior lights should be plugged into existing outdoor outlets, which are equipped with Ground Fault Circuit Interrupters.

Turning in license plates

People applying for vehicle registration renewal with an expiration date of Jan. 1, 2008, or later must turn in their old AF and AD plates for the new long German-style ones.

People who are moving to the U.S., Belgium, the Netherlands or Italy before June 30 can keep their AD plates.

For more information on the new policy, call the vehicle registration headquarters in Mannheim at 386-7280 or 0621-718-7280.

Chapel holiday services

The Katterbach Chapel hosts these holiday services: Protestant Christmas Eve and candlelight service Dec. 24 at 7 p.m.; Anglican and Episcopal midnight Mass Dec. 24 at 11 p.m.; and a Catholic community Christmas Day Mass Dec. 25 at 9 a.m.

The Illesheim Chapel hosts a Catholic community Christmas Eve vigil Mass Dec. 24 at 5 p.m. and a Protestant Christmas Even and candlelight service Dec. 24 at 7 p.m.

For more, call the Katterbach Chapel at 467-2785 or 09802-83-2785, or the Illesheim Chapel at 467-4642 or 09841-83-4642.

Hook into Wi-Fi

USAG Ansbach Morale, Welfare and Recreation offers Wi-Fi connections at the Von Steuben community center, and the Katterbach and Storck Barracks bowling centers.

People can hook up their laptops and wireless devices in the centers for various rate charges: \$3.50 hourly, \$9.50 daily, \$24.50 weekly and \$39 monthly.

This service is also available at other installations in Germany and stateside.

Fitness for free

USAG Ansbach MWR recently made all of its fitness classes free of charge through Febuary. The classes include Bottoms Up!, Body Blast, Buns and Thighs, Circuit Training, Indoor Cycling, Keichu Do, Muscle Pump, Pilates and Turbo Kickboxing.

For class schedules or more information on the fitness programs at USAG Ansbach, call 467-2771 or 09802-83-2771 on Katterbach and 467-4582 or 09841-83-4582 at Storck Barracks.

Hit the slopes

Outdoor recreation offers many weekend and one-day ski trips this winter:

- * Dec. 22 day trip to Feldberg
 - * Jan. 5 day trip to Feldberg
 - * Jan. 10 free day trip with destination to be determined
 - * Jan. 19-21 weekend trip to Kaprun
 - * Jan. 26 day trip to Garmisch
 - * Feb. 2 day trip to Feldberg
 - * Feb. 9 day trip to Gross Arber
 - * Feb. 16-19 weekend trip to Sölden
 - * Feb. 23 day trip to Feldberg
- Outdoor rec also has ski and snowboard equipment available.
- For times, costs and more info, call 467-3225 or 09802-83-3225.

Jingle Bell Jog

The Katterbach Fitness Center hosts a Jingle Bell Jog 5-km fun run and walk Dec. 22. Registration is at 9 a.m. and the run starts at 10 a.m. at the fitness center.

And congratulations to the winners of the center’s Turkey Trot Nov. 24. There were 39 people that took part and the 5-158th Aviation Regiment took home the Unit Cup for most participants.

The top male was Sterling Teall, the top youth was Brendan Teall, the top female was Kimberly Richards and the top stroller runner was Lara Moore.

For more on the Jingle Bell Jog or other fitness programs, call the center at 467-2771 or 09802-83-2771.

New Year’s in London

Outdoor recreations offers a trip to London to bring in the new year Dec. 28 to Jan. 2. The trip features an overnight bus trip to the city, three overnights in a three-star hotel with breakfast included and a city tour.

Cost is \$469 per person. For more, call 467-3225 or 09802-83-3225.

Army Career Alumni Program

Upcoming ACAP events include a federal application seminar Monday and a separation brief Tuesday. The next job search workshop will be Jan. 15-17 and the next Veterans Affairs benefit brief will be Jan. 23.

Soldiers and their spouses who are one year from a possible ETS or two years from a possible retirement are eligible to attend all ACAP events.

Soldiers and their spouses in Katterbach and Illesheim who are one year from possible separation from the Army or two years from possible retirement, should call the Ansbach ACAP office to schedule their pre-separation counseling appointment.

Holiday mailing deadlines

The U.S. Postal Service recommends the following deadline to make sure your holiday cards and packages make it to the U.S. by Dec. 25:

- * Express mail—Dec. 20.

Bamberg Briefs

Clinic holiday schedule

The Bamberg Health Clinic will have closures during the upcoming holiday season. Be sure to mark your calendars for these days.

During closures all emergencies should go to the Bamberg Klinikum.

- Dec. 21—Closed at noon
- Dec. 24-25 –Closed
- Dec. 31-Jan. 1 –Closed

For more information, contact 1st Lt. Jose Sanfeliz at DSN 469-8619.

Holiday concert set tomorrow

The Bamberg Middle/High School music department presents their annual holiday concert tomorrow at 7 p.m. in the high school multi-purpose room.

Support your Angel Tree

There’s no better time for giving than the holidays. Share the magic of the season with a child by participating in the Chapel Angel Tree program.

To participate, remove one or more angel tags from tress located at the chapel and outside the PXtra and purchase appropriate gifts for the child described on the tags. Bring wrapped gifts to the chapel tree by Sunday.

Spend Christmas skiing

The Franconia International Ski Club invites you to St. Veit, Austria, for family fun and Christmas skiing Dec. 22- 27.

The package includes five overnights, breakfasts, and dinners at a cozy three star hotel, four days of lessons, great après-ski opportunities, babysitter service for children under age 3, entertainment program for both the young and old plus a welcome party.

The trip price is 383 Euro for adults and it is a U-Drive. (For children 15 and under, please contact the trip captain.) Single supplement is 40 Euro.

Sign-up and payment is due by Monday. E-mail candace.merritt@us.army.mil for more information.

Chapel worship schedule

Catholic

Sun. Dec. 23, 9 a.m. Sunday service
Tue. Dec. 25, 11 a.m. Christmas Mass

Tue. Jan 1, 11 a.m. Mass
(Mary Mother of God)

Protestant

Sun. Dec. 23, 11 a.m. Sunday service
Mon. Dec. 24, 5 p.m. Candlelight service

Church of God and Christ

Sun. Dec. 23, 12:45 p.m. Sunday service

Free Gospel

At Preston Hall Bldg. #7080
Sun. Dec. 23, 11 a.m. Sunday service
Mon. Dec. 31, 10 p.m. Watch Night

Get help with resume seminar

The federal government requires specific things in a resume and the application process is different from most civilian employees.

ACAP is holding Federal Application Seminar Monday from 1 to 3 p.m. Attendees should have already completed a two-day Transitional Assistance Program workshop prior to the Lab.

The next resume writing lab is Jan. 7. For more info, call DSN 469-8925.

CMR extends holiday hours

For your convenience the CMR customer service window will be open on Saturdays beginning this Saturday until Jan. 12 from 11 a.m. to 2 p.m.

The package pick-up window will also be open Dec. 24 from noon to 2 p.m.

Holiday decorating contest

Get in the spirit of the season by registering to participate in the holiday decorating contest. Yards, balconies and stairwells will be judged. Win an AAFES gift card, a sign of recognition and more!

Judging will be Dec. 20. Participants must register through Monday with Staff Sgt. Tyrone King at DSN 469-7946.

Christmas Market now open

The Bamberg Christmas Market is open until Dec. 23, Mon. - Sat. 9 a.m. to 7 p.m. and on Sundays 11 a.m. to 7 p.m. at Maxplatz (between the town hall and Karstadt store). Visit www.bamberg.army.mil for info on German markets.

Garrison holiday hours

The operating hours for some garrison facilities and services may vary during the holidays from Dec. 24 -Jan 2.

Call ahead to confirm opening and closing times.

Warner Club closing Friday

As of Friday, the Bamberg Warner Club will be closed until further notice.

For more information contact Juergen Hagemann at DSN 469-7885.

Post shuttle has new schedule

The Warner Barracks shuttle bus is now running on a new schedule.

The new schedule can be found at www.bamberg.army.mil under the “Bamberg Services” menu.

Keep car clean for half price

The Bamberg MWR Auto Skills Center is offering 50 percent off any car wash during the entire month of December. Open Wed. – Fri. 10 a.m. – 7 p.m., and Sat. and Sun. 10 a.m. to 6 p.m., Closed Monday and Tuesday.

A sweet treat for parents

Parents can enjoy three free hours of holiday shopping Dec. 21 from 6 - 9 p.m. while kids make cookies and gingerbread houses at SAS. Register by Friday. Open to all families who are registered with CYS. Call DSN 469-8698.

Let your voice be heard

The Presidential election is right around the corner. Many citizens are eligible to vote in the Primaries in their home states, but you can’t vote if you don’t register! Call DSN 469-8071 to find out what you must do in order to vote in your district, or e-mail charles.schnepfe@eur.army.mil.

Attend SAS winter camp

Children can stay busy during the holidays by attending the Bamberg SAS winter camp Dec. 24 through Jan. 4.

The camp is open to kindergarten through 5th grade for CYS registered youth. Events include field trips, crafts, music, cooking, games, and bowling. Reserve by calling CIV 0951-300-8698.

Ring in New Year with masquerade party

Ring in the New Year at the Moonlight Cabin’s Black and White Masquerade Dec. 31 at 9 p.m. This free party will feature karaoke, games, food, and fun. Win prizes for best costumes. Call CIV 0951-300-8423 for details.

Spend New Year’s in the Alps

Enjoy an alpine adventure with Outdoor Recreation while ringing in the New Year in Garmisch Dec. 30 - Jan. 2. Call DSN 469-8659.

Audition for hit musical

The Stable Theater is looking for actors and actresses (older teen to adult) to fill parts in the hit musical “*Thoroughly Modern Millie*” Auditions will be held at the Stable Theater Jan. 9, 10 and 11 at 6:30 p.m.

The show is scheduled to run in early March. For more information, contact the theater at CIV 0951-300-8647.

Nominate youth volunteers

Do you know a youth (14-18 yrs old) who has provided volunteer service in the past 12 months, displayed good character and academic achievement?

Nominate him/her for youth of the year! The winner may be selected to receive scholarships (\$1000, \$10,000 and \$15,000). Call CIV 0951-300-8641.

PWOC spring session Jan. 16

The Bamberg Protestant Women of the Chapel will kick-off spring study sessions Jan. 16 at the chapel 9-11 a.m.

Six new book studies await anyone looking for fellowship, friendship, and fun. PWOC is open to women of all denominations. Free childcare is provided. Call DSN 469-8142.

Play BSCC bingo Jan. 16

Win big at the Bamberg Spouses’ and Civilians’ Club Italian Ceramics from Nove bingo night on Wed. Jan. 16. Win prizes from a fine selection of Tiffany & Co. ceramics and more.

Doors open at 6 p.m. Games start at 6:30. in the BHS multi-purpose room. \$8 or \$15 packets available, including playing cards and raffle tickets.

Holiday events for youth

Friday -Middle School Holiday Dance at Oasis Teen Center from 7-10 p.m. Event is open to 7th and 8th graders. Attire: Semi-formal to formal wear. Tickets are \$5 before Dec. 12 and \$10 at the door.

Saturday -Teen Winter Ball at Oasis Teen Center from 7-10 p.m. Event is open to 9th - 12th graders. Attire is semi-formal to formal. Tickets are \$5 before Dec. 12 and \$10 at the door.

Dec. 31 -New Year’s Eve Party at the Oasis Teen Center from 4-6 p.m. for grades 6-12. Admission is free.

For more info on SAS programs, call CIV 0951-300-8641.

Schweinfurt Briefs

Estate claim for Sgt. Hike

Anyone having claims on or obligations to the estate of Sgt. Adrian E. Hike of 1-91 CAV should contact the following summary court martial officer: 2nd Lt. Michael Preczewski at DSN 353-8609.

Free ride to Christmas market

Get a free bus ride with MWR to popular locations this winter. Sign up for the Erfurt Christmas Market Saturday. Call CIV 0931-889-6305.

Annual tree lighting

Come to the annual Christmas Tree Lighting in Andrus Garden on Ledward Barracks Sunday at 4 p.m. Enjoy free refreshments, sing carols, and bring the kids to get a picture with Santa Claus.

Ethnic food at the library

Join Ledward library for food and gathering recipes tomorrow for an Islamic lunch or Dec. 20 for a Kwanzaa lunch, both from 11:30 a.m. to 1:30 p.m. Call 354-1740/CIV 09721-96-1740.

B.O.S.S. activities

Participate in Better Opportunity for Single Soldiers events through the winter. All instruction, materials, and games are free of charge. Call DSN 354-6270 or CIV 0170-725-6464 for info.

*Tomorrow: This One’s For You 3-7 p.m. Finney Fitness Center, Conn Barracks
*Tomorrow bowling/drill a customized ball 8 p.m., Kessler Bowling Alley
*Dec. 21 Classics Party 5 p.m. Finney Fitness Center, Conn Barracks
*Dec. 31 New Year’s Eve in Berlin
*Jan. 8 construct your own mug shelf 6 p.m., Frame Shop, Ledward Barracks
*Jan. 10 Auto shop safety class 6 p.m.

Auto Skills Center, Conn Barracks
*Jan. 11-14 ski/snowboard class
In conjunction with Austria ski/snowboard trip.

Travel with USO

Travel with USO to Dresden Dec. 22 for a day to take a historical city tour and visit Germany’s oldest Christmas market dating back to 1434.

For more information, call USO at DSN 354-6711 or CIV 09721-96-6711.

Kids perform for Christmas

Come to the Ledward chapel Sunday at 9 a.m. to see children perform “Sing Noel.” The storyline follows children as they do the final rehearsal for a Christmas play. Some are excited about the day of performance and others, pushed by their parents to participate, take some time to warm up to the idea. The community is invited to attend.

Library offers shop-time

Send your kids to Ledward or Leighton libraries for a 30-minute story time while you shop for their gift at the PX on Saturday from 10 - 10:30 a.m.

For more info, call DSN 354-1740 or CIV 0931-889-1740.

Holiday basketball shootout

Sign up for a holiday basketball tournament Monday - Dec. 20. Tournament is open to all unit-level teams from Schweinfurt, Wuerzburg, Bamberg, and Ansbach, with a deadline for sign up Friday. Games will be played at Leighton Fitness Center at 2:30, 3:30, 4:30 and 5:30 p.m. each day.

There is no cost to participate. Awards will be given to individuals and teams. All participants receive a free T-shirt. Call DSN 353-8234 or DSN 350-6115 or e-mail tony.puskorius@eur.army.mil or williamcomeford@eur.army.mil. The tournament is limited to first eight teams to submit their intent.

Watch ice hockey

Come watch the Mighty Dogs play rival teams at the Ice Dome Sunday, or Dec. 21 or 28 in Schweinfurt . Games start at 6 p.m. Call DSN 354-1600.

“Hello Dolly” on stage

Come to the Schweinfurt city theater, Rosssbrunnstrasse 2, to see the musical “Hello Dolly” Dec. 27 at 7:30 p.m. Call CIV 09721-510 09721-51741.

Lingerers dine out

Join the Leighton Lingerers, formerly the spouses club, Dec. 19 at 6:30 p.m. at the Waldhaus for a holiday dining out. Exchange gifts (\$10/10 euro limit), enjoy good food, and bring 2007 to a close with a bang! Call June at 0931/299/5648 or email her at jimjunej@t-online.de.

Free Schweinfurt boat cruise

The Schweinfurt community has the chance to take a free two-hour river cruise Saturday in honor of the Soldiers and families serving in this time of need. Space is limited, so sign up today at the Finney Fitness Center on Conn or the Leighton Community Activities Center.

Play women’s volleyball

Sign up for the three-on-three women’s volleyball tournament held at Finney Fitness Center Monday.

Participation is free and is open to all I.D. card holders 18 years and older. Registration is 5-5:30 p.m. the day of the tournament. All participants receive a free T-shirt. For more info, call DSN 353-8234 or CIV 09721-96-8234.

Giving parents a break

CYS is giving you time off. Drop off your child ages 6 weeks to 5th grade at the events below, and they will be cared for at no cost to families. Both programs include one meal. Enrollment is limited and starts today. Children must be registered with CYS and reservations must be made in advance by phone or in person. Call DSN 354-6517 or CIV 09721-96-6414 in Schweinfurt or DSN 350-7762 or CIV 0931-889-7762 in Wuerzburg.

- Parents’ Night Out Dec. 28, 6:30-11 p.m. Sign ups begin Dec. 21.
- Super Saturday Respite Care Jan. 12, 9:30 a.m.-2:30 p.m. Sign-up Dec. 12.

Calling all actors

Try out for the next Schweinfurt community theater play “Bus Stop” Jan. 9 and 10 at the Abrams Entertainment Center at 6 p.m. No previous experience is required. Call CIV 0162-296-2776 or e-mail garland.travis@us.army.mil.

Do our German neighbors believe in Santa Claus?

by MARTINA BIAS
Special to the Bavarian News

Do Germans believe in Santa?

The answer to this question is “Yes”, but there is a different twist to the story. The German Santa Claus (St. Nikolaus, or just plain Nikolaus) does not bring gifts on Christmas Eve.

The Holy Night is reserved for the “Christkind” (Christ child). Often portrayed in angelic form, the Christkind delivers the presents in the afternoon or evening (depending on tradition and sometimes on the age of the children) of Dec. 24.

Nikolaustag (the day of St. Nikolaus) is celebrated on Dec. 6. Traditionally, the children will set out their boots on the evening of Dec. 5, and Nikolaus will fill them with nuts, oranges, cookies, sweets, and small toys overnight.

I was fortunate to grow up during the 70’s when high shaft boots were common. Most kids were not very happy when the fashion switched to the lower cut versions, cutting down dramatically on the amount of goodies they could hold.

Another tradition many German families uphold is a personal visit from Nikolaus (usually a male relative or neighbor dressed up in the traditional red coat) on the evening of Dec. 6. Just the mere mention of his name will turn children into very well behaved kids.

You see, Nikolaus is far from the “jolly old elf” Americans are accustomed to. Nikolaus travels on foot through the woods (often accompanied by his helper “Knecht Rupprecht” (male servant Rupprecht) with a sack in one hand and a broom made of twigs in the other. If the children were “good” during the previous year they will receive a present from the sack; if they were “bad” they will be spanked with the broom and taken away in the sack by Nikolaus.

Although I remember trembling with fear every Nikolaustag and hiding when I heard Nikolaus arrive, I always received a present. A friend of mine, however, was not so fortunate.

She still has vivid memories of being forced into the sack and taken outside. She reports struggling like crazy to free herself. Finally, she succeeded and ran home in tears, barefoot through the snow.

So now when you see a suspicious man in a long, red coat, carrying what seems to be a squirming sack on the evening of December the 6th, don’t be alarmed. Just smile and be glad that you were good last year. And if you weren’t, well, you better make sure that he doesn’t see you. There is a lot of room in that sack! You might also notice that the German Nikolaus is a lot slimmer than Santa Claus. Well, I guess long treks through the woods carrying a sack full of presents (or kids) is a lot more exercise than riding in a sleigh pulled by reindeer.



Nikolaus is far from the “jolly old elf” Americans are accustomed to. Nikolaus travels on foot through the woods (often accompanied by his helper “Knecht Rupprecht” (male servant Rupprecht) with a sack in one hand and a broom made of twigs in the other.

Photo by Paula Guzman

German Christmas, New Year’s are unique celebrations

by MARTINA BIAS
Special to the Bavarian News

Don’t you sometime wish that Christmas could last longer than just one day? Well, in Germany it does. Germans actually celebrate for three whole days.

Christmas Eve is the main event for the kids. This is also the day most Germans decorate their Christmas tree.

Often, the living room is off-limits to the little ones that day. That will insure a delightful surprise when the children see the beautifully decked-out tree with its sparkling lights for the first time in the evening glow.

It also makes it easier for the mysterious gift bringer, the “Christkind” (Christ child), to place the gifts under the tree sometime

that day or evening. For many families the ringing of a little bell signals that the gifts have been delivered.

Holiday meals

Many families serve some kind of fish dish that evening, with trout or carp being the most popular. To be honest, that was the part of Christmas that I always liked least. I never liked the Blue Carp my mother always cooked.

For this dish, freshly slaughtered carp is boiled in spiced vinegar water (that produces the blue skin color) and served with creamed horseradish and bread with butter.

As soon as I was old enough to prepare my own food, I started to cook myself some spaghetti with tomato sauce (always met by my mother’s raised eyebrows).

Church service

Many Germans will attend a church service some time on Christmas Eve. Families with children might prefer a worship service during the afternoon, while older people would go at 10 pm or even wait until the Midnight Mass.

The distribution of the presents is the high point of the celebration for many. It often depends on the family tradition when this takes place. Some people open them before, other’s after dinner and still others wait until they get home from church.

Dec. 25 and 26 are called Weihnachtsfeiertage (Christmas holidays) in Germany. Both are national holidays. This is when most of the feasting takes place.

It is also the time for visits with relatives (and more eating). One of the typical Christmas meals (always prepared at lunch time, like a traditional Sunday meal) is die Weihnachtsgans (the Christmas goose).

always shows some of their best family entertainment. I remember the “Circus of the Stars” and lots of old movies. Watching the three-part movie series called “Sissi” about the life of the Bavarian Princess Elisabeth who married the Emperor of Austria every year was an annual tradition for our family.

New Years

Germans celebrate the New Year very similar to most Americans. They get together with friends, have a nice meal, or go to a party. Again, TV programs are offering their best shows, movies, and other entertainment for the families to watch together during the wait for midnight.

The British classic “Dinner For One” is one of the annual New Years Eve television favorites. Naturally, you will see many “the year in review” shows as well.

Fireworks

Now, the one distinct difference between a German and American New Years celebration are the fireworks that start at the stroke of midnight.

The loud noises and colorful display put on by just about each and every German household serve the purpose of “scaring away all evil ghosts that might otherwise descend on the New Year.”

This tradition, however, is not without controversy. Citing the many accidents that happen every year and the enormous amounts of money that is “blown up,” a charity organization started the campaign “Brot statt Boeller” (bread instead of boom), which collects money to help feed the poor around the world.

A Healthy New Year!

It is a German tradition on New Year’s Day that you wish everyone you meet “Ein Gesundes Neues Jahr” (a healthy New Year).

During my youth, the telephone system would often experience a serious over- load in the first few hours and day of the New Year as everyone would call friends and family to bestow those good wishes on them.

It is German tradition to take your Christmas tree down on Epiphany (Jan. 6), also called the “Day of the Three Holy Kings.”

Note of caution: Please be aware that under garrison and U.S. Army Europe regulations, private fireworks are prohibited on post and in government controlled off-post housing areas and quarters.

Off-post non-government controlled quarters are subject to the German regulations regarding fireworks. German law allows fireworks to be fired only on New Year’s Eve and New Year’s Day.

Most fireworks sold in German stores are labeled for adults use only (18 years and older). Only special “Kinderfeuerwerkskoerper” are suitable to be handled by children.

Private fireworks are prohibited on post and in government controlled off-post housing areas and quarters.
Courtesy photo



In our house, however, the tradition was a little different. On the 25th my mother always served rabbit in cream sauce with a big bread dumpling and on the 26th we feasted on a roasted duck with potato dumplings. In the afternoons, we enjoyed coffee and Stollen or Christmas cookies with aunts, uncles and god-parents.

On these two days, German TV



A JOYFUL NOISE: Members of the combined Ansbach and Rainbow Elementary School choirs point to help garrison leadership figure out where Santa is—the jolly fellow arrived with the help of the fire department on a ladder truck shortly after the annual USAG Ansbach Christmas Tree ceremony kicked off Dec. 4 on Bismarck Kaserne.



QUALITY TIME: Jordan J.J. Allen, 7, daughter of Pamela Allen, USAG Ansbach housing manager, gets some all-important quality time with Santa as Christmas rapidly approaches. Jordan and hundreds of other Ansbach youth met with Santa who showed up for the community’s annual Christmas tree lighting Dec. 4. (Far left) The USAG Ansbach Christmas tree shortly after garrison and 12th Combat Aviation Brigade officials, along with Santa and community youth, “lit the candle” as stated by Lt. Col. Guy Zero, 12th CAB rear detachment commander.

Photos by Jim Hughes

Strategize for a healthy holiday

by Capt. JULIE C. RYLANDER, RD/LD
Chief, Nutrition Care Division

The holidays are upon us and here come the goodies! It seems as it's almost expected for us to over indulge during the holidays and then make New Year's resolutions that commit us to improving our health.

Seems a bit contradictory, huh? Don't just commit to being healthy for 46 weeks of the year while permitting yourself to holiday indulgences for six weeks; enter the holidays with an attitude that you don't need to deprive yourself of special holiday foods – but you don't need to eat huge portions to enjoy them either!

When it comes to enjoying special foods, keep it to just the holiday.

Parties and celebrations present a healthy eating challenge with ample opportunities to indulge and overeat.

Here are some strategies to achieve balance and moderation in your eating habits:

1. Don't starve.

Saving up calories during the day to indulge a little at the main meal is okay; however, don't starve all day in order to splurge later.

Prevent overindulgence by eating lighter meals during the day and have a healthy snack, such as a piece of fruit or veggies, to curb your appetite before the main meal.

2. Have a plan and choose wisely.

At a party buffet, browse the choices before you start filling up your plate to determine which foods you will indulge and which you can skip without feeling deprived.

Instead of nibbling throughout the event, fill up a small plate and eat in a location away from the food tables.

3. Pace, don't race.

Focus on enjoying the foods you've selected and savor them! Eating quickly easily leads to getting second helpings. Socialize with friends and family, putting the emphasis on the people with whom you are spending the holidays instead of the food.

4. Limit alcohol.

Mixed drinks may contain up to five hundred empty calories. Plus, alcohol tends to increase your appetite, feeding the temptation to overeat.

If you drink, choose light wines and beers and use non-alcoholic mixers such as water or diet soda.

Limit your intake to one (women) or two (men) drinks per day. Also, watch out for other high calorie holiday beverages: fruit punch, eggnog, and sodas.

5. Be a good example.

If you are the host, offer your guests healthy options. Tasty choices include veggies with lowfat dip, fresh fruit bites, whole grain crackers with lowfat cheeses, carved roast turkey, and stir-fry veggies.

Delicious desserts include fresh fruit, angel food cake, and lowfat pudding and mousse.

6. Get active.

Turn up the holiday tunes and get moving to burn extra calories. Rather than retreating to the couch after a large meal, gather a group and take a walk, enjoying outdoor holiday decorations and lights.

This also gets you away from the view and smells of food that might otherwise encourage more eating.

Choosing Wisely

Remember, there are no "good" or "bad" foods; it's only our eating habits that are good,

bad, or a little of both.

Taking a look at the Food Guide Pyramid; you'll see that grain products, vegetables, fruits, low-fat dairy products, lean meats, fish, poultry, and dry beans all have a place and will encourage a positive holiday spirit by providing constant, stable energy; repairing and restoring the body; and assisting with stress management and preventing mood swings.

What matters most

What matters most is the total amount and types of foods you eat over several days.

The Pyramid shows we should choose more fruits, vegetables, and whole grains which are packed with vitamins, minerals, and fiber.

At the same time, we should limit our intake of high-sugar and high-fat foods.

Excess weight gain during the holidays often comes from eating too much of the foods that the Pyramid tells us to limit.

Remind yourself daily why you want to be healthy. Enjoy the holidays without regret.

With strategy, foresight, and a plan of action, you'll come through in good health for the coming year, able to focus on continuing to improve your health rather than undoing the bad habits and effects of overindulgence.

Happy and Healthy Holidays!



Post-deployment health re-assessment safeguarding Soldier health

Europe Regional Medical Command

To safeguard the health and well-being of all Soldiers, the U.S. Army implemented the Post-Deployment Health Reassessment, or PDHRA, in January 2006.

A commander's program, the PDHRA gives Soldiers an opportunity to address any health concerns that may emerge following redeployment. It is available to all Soldiers — active and reserve component — who have returned from combat.

"Returning home and settling back into a routine can be filled with excitement and discovery. The U.S. Army has learned that as time passes, Soldiers may start facing health concerns that they may not have noticed before," explains Lt. Col.

Vinette Gordon, who leads the U.S. Army PDHRA program.

Research shows that proactively identifying these health concerns has

“The U.S. Army has learned that as time passes, Soldiers may start facing health concerns that they may not have noticed before .”

Lt. Col. Vinette Gordon
Head of PDHRA Program

a huge impact on the long-term health and well-being of Soldiers and their Families. The U.S. Army wants to help Soldiers address their health concerns before they develop into serious problems.

Soldiers who have returned from a combat deployment since March 10, 2005, must complete the PDHRA. Soldiers should complete a PDHRA 90 to 180 days after redeployment. Commanders notify their Soldiers to participate in the PDHRA process.

To complete the PDHRA, Soldiers fill out a DD Form 2900 and are given

the opportunity to speak one-on-one with a health care provider.

The health care provider can refer Soldiers for further evaluation and treatment, if necessary.

Most Soldiers complete the PDHRA as part of a unit-scheduled event, or by going to the nearest health clinic on their own.

To expedite the process, Soldiers can log on to Army Knowledge Online to check their PDHRA status under "My Medical Readiness."

"Red indicates your PDHRA is overdue," says Maj. Scott Newberg, chief of plans and policies for Europe Regional Medical Command's Force Health Protection Office. "Amber indicates you are in the 90-180 window and should fill out the DD Form 2900."

"Before entering the information on the form you should be able to see a healthcare provider with the next seven days. This allows the Soldier and healthcare provider to focus on current concerns," said Newberg.

If you know that you will see a provider within that timeframe, you can

complete the mandatory demographic portion of the PDHRA online in AKO. Answering questions 1-18 is optional. Remember to submit the form once complete, he added.

As a part of post-deployment re-assessment, Soldiers also complete Battlemind II training that reinforces the transition from combat to home.

The video-based training shows Soldiers how to adapt combat survival skills to overcome obstacles and setbacks and to keep positive thoughts during times of adversity and challenge.

For more information or to view the Battlemind II training video, visit www.battlemind.org

"Units with compliance rates below 85 percent must take corrective action immediately according to the Vice Chief of Staff of the Army," said Newberg.

He urges commanders and leaders to contact their supporting health clinic or medical unit to arrange for large groups to complete the PDHRA.

If you have any questions regarding the PDHRA program, please don't hesitate to contact Dr. Joan Rubino, medical deployment coordinator, ERMIC at DSN 371-2629 or commercial 06221-17-2629, or visit <http://fhp.osd.mil/pdhrainfo> for more information.

Soldiers who have returned from a combat deployment since March 10, 2005, must complete a PDHRA. Soldiers should complete a PDHRA 90-180 days after redeployment



HEALTHY EMPOWERMENT
BY DEMETRIUS WILLIS

Dear Demetrius,

I have been working on my abs trying to get the six pack. I am not just concerned with the look but also the added benefits of having stronger abdominal muscles.

My exercises focus on the abdominal machines at the gym. Are there any other exercises that you prefer for yourself and that you could recommend?

"Rooting for Results"
Edward

Dear Edward,
Try not to focus on the "six pack" look. By looking so far down the road, we often times miss the smaller results and short-term goal victories we are attaining now.

There are two exercises I am not a huge fan of for abdominal strength development.

The first are full sit-ups which people often feel in their thighs while performing them and in their back

after they have completed them.

The second exercise consists of those from TV infomercials and abdominal machines.

I am a believer in the old Rocky style abdominal workouts to attain stronger abs.

The key to developing stronger abs is through the supporting and balancing of your own body weight which using a machine steals from you.

My favorite abdominal exercises are crunches (standard, physioball, and side) and bridges.


Each ab exercise should be done in three to five sets to ensure you are targeting as many different aspects of the muscle that you can.

Good Luck!

Demetrius

Send your nutrition and fitness questions to usagnews@EUR.army.mil. Demetrius is a registered dietician and a certified personal trainer.

Look who's working at the Grafenwoehr Pharmacy



Sgt. 1st Class Monica Primus

Hometown: Waterbury, Conn.

Favorite Phrase: "Drugs 'R' Us"

Likes: Food, sewing, crafts, video games, family

Dislikes: Invalid complaints, inconsideration

Favorite Food: All food

Dream: To be a positive force in society

Description: Sgt. 1st Class Primus is the senior enlisted advisor for Pharmacy Bavaria. Though she is readily at the pharmacy on a daily basis, she is not assigned to USAHC-Graf. She's kind of like the roommate that doesn't pay rent.

Soldiers, community team up on the court to show support for youth

Story and photo by
RONALD H. TOLAND JR.
Bavarian News

Ansbach Soldiers and youth came together for a little community bonding on the hard court of the Katterbach Fitness Center Nov. 27.

About 250 community members turned out to watch volunteer Soldiers from many of Ansbach's battalions and local Department of Defense Dependent Schools middle and high school students square off in a basketball matchup put together by Dr. Eva Flagg, Ansbach High School and Junior Leadership Seminar coordinator.

"This activity is a community effort to try and fill the void that our community kids feel since so many parents are currently deployed," Flagg said. "We—the community, school, and military leaders—want to let our kids know that we care and this event is an effort to join forces, have fun, and let our kids know we are here for them."

Soldiers took on the students in five different categories during quarter-length contests.

The Soldiers downed the junior varsity girls, 9-2, while the varsity girls got revenge by winning, 20-6. The middle school boys won a tight one, 15-13; the junior boys defeated the Soldiers, 15-6; and the varsity boys closed things out with a 19-12 victory.

Of course, this was about much more than competition. Well, at least to some people—Deavonte Bell, high school sophomore, thought

a little more competition might have been a good thing.

"It was fun and all, but I think the Soldiers should have played harder," he said. "It was exciting and I hope we get the chance to do it again."

The school's Junior Leadership Seminar students came up with the idea, Flagg said.

"They were really crazy about it," she added.

However, it took community support from many different areas to make it happen, Flagg said.

"Command Sgt. Maj. James Esters was really behind this whole thing—very supportive and instrumental in getting support from the Soldiers.

"With a deployment and the absence of a parental figure in the home, the household structure changes. In turn, the kids are exposed to other responsibilities and worries that they otherwise would not normally be," Flagg said.

"This event fills that hole in at-risk children. They can actually see, recognize, relate to, and engage with a Soldier or parental figure, thus filling the current void in their life, even if only for a moment."

The success of the event says a lot about the community while doing a lot for the youth, said Richard Petersen, Adolescent Substance Abuse Counseling Services at the high school.

"This event was meant to build resiliency in our students while their fathers and mothers are deployed. What better way of building resilience than to show that there is power in the community with positive activities?" he said.



Soldiers in white uniforms take on local Department of Defense Dependent Schools students in a community bonding basketball game Nov. 27 at Katterbach Fitness Center. A school Junior Leadership Seminar initiative, the community turned out in droves to support the event to show support for local youth.

"Events like this prevent and reduce risk factors for children who are in danger for alcohol and drug abuse."

But it was about basketball, too, said Sam Freeman, a high school junior.

"Playing in the game against the Soldiers was a lot of fun," Freeman said. "Going up against higher level players gave me more of

a challenge and the motivation that I need. It showed me that I have what it takes to make it."

Those words are music to the ears of Flagg and other organizers of the event.

"These re-linking or reconnection events are very rewarding for the kids—they really enjoy it," she said.

12th CAB pilot, Air Force doctor join forces to help Iraqi child

Story and photos by Sgt. 1st Class
CHRIS SEATON
12th Combat Aviation Public Affairs

Thanksgiving 2007 was a holiday to remember for Chief Warrant Officer 4 Keith Langewisch, the brigade aviation maintenance officer and a pilot for the 12th Combat Aviation Brigade.

It was the day he got an opportunity he considered special.

Langewisch is one of 32 graduates of the New Franklin, Mo., class of 1980. He joined the Army six years later to become a helicopter pilot.

More than 20 years later, he found himself at Logistics Support Area Anaconda, Iraq, preparing for yet another Thanksgiving holiday away from his home and his family.

In early November, Langewisch picked up a "Stars and Stripes" newspaper and read about Maj. Connie Johnmeyer, an Air Force psychologist helping to treat traumatic brain injuries at a hospital on LSA Anaconda. The article said that Johnmeyer was from Fayette, Mo.—just a few miles from his own hometown.

"The school district line runs through the middle of my parents' farm," he said. "I'm actually from New Franklin, but I got to know the Fayette folks through 4-H and things like that."

"I thought it was neat that she was from my area, so I contacted her just to see if she knew any of the same people I know," Langewisch said. "I even clipped the story out to send to my parents to see if they knew her."

Johnmeyer, a 1970 graduate of Fayette high school, works on a ward that sees Americans and Iraqis with head trauma. She primarily does evaluations for traumatic brain injury.



Chief Warrant Officer 4 Keith Langewisch, the brigade aviation maintenance officer for the Army's 12th Combat Aviation Brigade gives a tour of an AH-64 Apache helicopter to Air Force Maj. Connie Johnmeyer, a psychologist for the 332nd Medical Group at Logistics Support Area Anaconda, Iraq, Nov. 22. Langewisch and Johnmeyer are both from the same home town in Missouri.

Among the people on the ward was a young boy, recovering from injuries, who told the ward nurses he wanted to be a pilot.

"I called her first, but when she found out I was a pilot she thought I could help out," Langewisch said.

So, Thanksgiving Day, Dr. Johnmeyer and a staff of hospital workers brought the boy to meet Langewisch and tour three of his unit's helicopters: an AH-64 Apache, a UH-60 Black Hawk and a CH-47 Chinook.

"Over the course of a rotation here (in Iraq) there are different kinds of notable moments," Johnmeyer said. "I bet this will be a very special memory for the staff and for him."

The staff watched as the boy

climbed over, under and through the aircraft—his expression, which had been more solemn than any young face should be, now was alive with the exploration and wonder of any normal child.

"It was very cool to see him do this," Johnmeyer said. "He was very excited. He'd been pretty lethargic up till now. This is the most animated I've seen him get."

On this one Thanksgiving Day, two people, thousands of miles from Missouri, had a chance to help—even if it was only for a day.

"I just think it's neat to put a smile on somebody's face," Langewisch said. "We don't get the opportunity to do this kind of stuff very often. It's a great thing for all of us."



Chief Warrant Officer 4 Keith Langewisch, a pilot for Task Force XII lifts an Iraqi boy out of the seat of a UH-60 Black Hawk helicopter after a tour of the cockpit.



Teen center youth Courtney Grundei, Denise Rodriguez, Chris Gower, Alex Brannen, Hakeem Camur, Stephany Mills, Maxine Pez and Brianna Marianni present a certificate of appreciation to Pond Guards (from left) Luis Torres and Kevin McGowan Nov. 21 after also delivering a Thanksgiving meal from the SMART Girls Club, Torch Club, and 4-H Club. The meals were prepared for the Ponds Security guards who were working the gates on Thanksgiving.

Photo by Vincent Allen



Brianna Marianni, Stephany Mills and Maxine Pez make cornbread at the USAG Ansbach Teen Center Nov. 21 as part of a Thanksgiving Day meal from the SMART Girls Club, Torch Club and 4-H Club prepared for Ponds Security guards working the community's gates.

Photo by Vincent Allen

Local student becomes Eagle Scout, known by community for dedication, tender heart

Story and photo by JIM HUGHES
Bavarian News

An Ansbach High School senior recently joined the likes of Hank Aaron, President Ronald Reagan and Steven Spielberg.

Yes, quite an eclectic group, but John Willis-Morris, like the aforementioned, is an Eagle Scout.

Hundreds of teachers, school staff, community members, Soldiers and fellow students attended Morris' Eagle Court of Honor Nov. 11 at the Von Steuben Community Center on Bismarck Kaserne to pay tribute to his joining the estimated 3 percent of Boy Scouts who attain the organization's top rank.

The son of Doris Willis, a Department of Defense Dependent Schools second grade teacher at Ansbach Elementary, Morris began his path to Eagle Scout as a Tiger Cub in 1996 in Okinawa, Japan.

Eleven years later, as a member of Ansbach's Troop 97, he put on his Eagle rank.

"When I started Scouting, I didn't think, 'Oh, I could be an Eagle.' But I kept on doing it and doing it, and my mom kept pushing me and pushing me, and I finally got my Eagle," he said.

Morris said he actually earned the honor about four months ago after completing a community project—building three benches and tables for the Katterbach Chapel—and meeting an Eagle Board of Scoutmasters.

As evidenced by the small percentage of Scouts attaining Eagle, he said it's a lot of work.

"I had to do a lot of stuff—go through all of the ranks, get certain merit badges, a certain amount of community service hours, volunteer work and all of that."

All of that in between being a champion quarterback, student and teenager—a testament to Morris' dedication and ability to follow through, said guest speaker Joann Barrale, a family friend and member of the football team staff.

"You did something that will change your life forever," Barrale said to John during her speech. "You kept your promise to do your duty to God and to country, and obey the Scout law to help other people, keep physically strong, mentally awake and morally straight."

Barrale said her primary observation on Morris is "he is very, very tenderhearted."

She said an example of this is during the past two football seasons, he has on several occasions asked the

coach to let her son and backup quarterback, Dominic Barrale, go into the game.

"Most athletes wouldn't give up their spot to let someone else go in and take up their playing time," she said. "But the biggest part of that is when John came off the field he'd find me and tell me, 'Hey, that's your boy! He's in there—he's in there!' He knew it was important to me and that is just one example of John's tender heart."

After the ceremony, Morris' mother agreed with Barrale's tender heart theory.

"John has a lot of people behind him who love him and pray for his success," she said. "He endears himself to people. John says 'Hello,' John opens doors, John makes people feel good."

"Another thing is those seventh and eighth graders out there—they love him and John knows them," Willis added. "He may be a big man on campus, but he takes the time to get to know everyone. He told me when he was that age that he didn't know any of the seniors—they never talked to him. I think it means a lot to people."

Morris' Scoutmaster, Kevin Jackson, said the Boy Scouts of America's goal isn't to make Eagle Scouts.

"The goal is to make young men into better adults," Jackson said. "John is an example of this. He didn't make it on his own, though. He made it with the help of many people around him—Scoutmasters, teachers, coaches, and, of course, his mom."

"John, as your Scoutmaster, I want you to know the path doesn't end here," he added. "Hopefully we've instilled enough in you that you can go on to make society better—we charge you with that as you continue on with your life."

Jackson, Willis and the hundreds



Doris Willis pins the Boy Scouts of America's Eagle Rank on her son, John Willis-Morris, Nov. 11, during the Eagle Court of Honor Ceremony on Bismarck Kaserne.

of others there to honor Morris can probably rest assured the newest Eagle Scout will go on to do just that based on his words during his speech during the ceremony.

"A great baseball player once said, 'Any time you have an opportunity to make a difference in the world and you don't, you are wasting your time on Earth,'" said Morris, quoting Roberto Clemente who died in a plane crash while delivering relief supplies to earthquake victims in Nicaragua in 1972.

"This became a reality to me when I became a Star Scout," he added. "It began a call to service for me—help

other people at all times and it's even in our oath. I challenge you other Scouts to do a good turn daily."

Morris was also presented a flag that deployed 12th Combat Aviation Brigade Soldiers who are involved with or who have children in Scouts flew on helicopter missions over Iraq.

Morris said he was deeply touched by the gesture.

"Wow! I can't even describe how I feel about it," he said. "They're fighting a war and they're thinking of me also. It's just a great feeling. I want to thank them again for everything they've done for and all of the help they've given me."

5-158 transforms briefing space into movie theater

by Sgt. 1st Class
ERIC REINHARDT
Task Force 49 Public Affairs

After spending a little time in Task Force Ready's newly renovated theater, you might think you're in a multiplex cinema back home.

With its plush stadium-style seating, a booming surround-sound system, full-size movie screen and a real popcorn machine, the theater offers Task Force Ready Soldiers some much-needed respite from the dust, noise and activity outside.

"Aviation is an inherently dangerous and detail-oriented profession, so it's important that our Soldiers have as many places to unwind as we can give them," said Task Force Ready Commander Lt. Col. Jack Bone. "When you're watching a movie, you're in a different world—at least for that hour and a half."

Task Force Ready, 5th Battalion, 158th Aviation Regiment, inherited the theater from an Alabama Army

National Guard unit, which built it as a briefing space. Its movie theater look was designed to fit into the battalion area's Main Street theme, complete with a boardwalk and false store fronts.

While the basic framework for the theater was already in place, it required a few improvements and amenities to make it a full-fledged entertainment facility.

To make that happen, Capt. Virginia Seigel, the battalion's logistics officer, enlisted some help from the home front, via her family's online message board.

Relatives, friends and supporters responded with more than \$4,000 worth of donations. Seigel's uncle, Terry Melot of Phoenix, Ariz., fired back with this e-mailed pledge of support:

"It gives us great pleasure to be able to add a little something to the enjoyment and morale of our troops abroad. One popcorn machine, four cases of snap packs (of oil, salt, and popcorn) for the machine and 1,000

popcorn bags are on their way to you."

Melot was a military aviator in the Vietnam War, logging more than 200 flight hours over enemy territory as an Army Cessna O-1 Bird Dog crew chief. He's now a business owner, a private pilot and an ardent supporter of troops overseas, according to his niece.

"I'm lucky enough to be related to some great and generous people," Seigel said. "It shows that there are a lot of people back home who are really excited about helping out Soldiers and want to show their support in a meaningful way."

Soldiers of the unit's renovation and upgrade team handled the carpentry involved in turning the space into a movie theater, adding a projector mount, installing the sound system and building a popcorn stand.

While the theater was primarily renovated for and by the Soldiers of 5-158 Aviation, other units can contact the 5-158 operations and training section to reserve it on a space-available basis.

The uncle of Capt. Virginia Seigel donated a popcorn machine, along with four cases of oil, salt, popcorn, and 1,000 bags. Seigel's family and friends donated several items, including more than 200 DVDs.

Photo by Sgt.
Dale Sweetnam



Courtesy photo

Talking Turkey

Sgt. 1st Class Rodney D. Sloan, Katterbach's Headquarters and Headquarters Company, 5-158 Aviation Regiment dining facility manager, shows off the Thanksgiving decoration display talents of his staff to Lt. Gen Ken Hunzeker, V Corps commanding general, at the annual Thanksgiving meal, Nov. 21.




For more events around Ansbach, subscribe to the "On the Scene" and "Cultural Calendar" newsletters by e-mailing jim.k.hughes@eur.army.mil or rabia.nombamba@eur.army.mil.

To place a free classified ad in the Bavarian News, visit us online at www.milcom.de.

Q&A

What are *you* thankful for this *Thanksgiving*?



Capt. Michael Hansen
(Bamberg)
"That my parents are coming to spend it here in Germany with us."




Kimberly Augustine
(Bamberg)
"That my husband is home and that we are all healthy."



Dijon Holland
(Bamberg)
"I'm thankful to be in a new place, to be alive, and to have friends and family that care about me."



Elizabeth Gonzalez
(Bamberg)
"For the friendship and support of my friend Gina and for my husband who makes sacrifices for me and our country."




Jeffrey Jackson
(Bamberg)
"That we are here today and that the troops are supporting our freedom. And that I get to see my dad after Thanksgiving."



Khalil Matheney
(Bamberg)
"My family. That my dad will be here for Thanksgiving."



Staff Sgt. David Hernandez
(Bamberg)
"To be able to spend the time here with family and friends instead of in Iraq."



Regina Jeffries
(Bamberg)
"I'm thankful for my children and the wonderful friends I have here."

Bamberg

Garrison CDC teachers earn child care credentials

Bamberg Public Affairs news release

Bamberg Child Development Center teachers Maricelyz Ortiz and Sabrina Schaefer have the credentials that build a parent's confidence when it comes to the daily care of their children.

Ortiz and Schaefer recently completed an intensive six-month program to earn their Child Development Associate Credentials, raising the accredited staff total in Bamberg to four.

"The accreditation program is an in-depth and detailed process that looks closely at the teachers interactions with their class," said Elizabeth Marriott, Bamberg CDC training and curriculum specialist.

To be eligible for accreditation, teachers are required to have three years of experience and extensive training and referrals.

The program includes a parental questionnaire, in-class observations, and a written and oral examination by a CDA representative.

"It really was time consuming," said Ortiz regarding her experience, "especially getting the observations completed."

Ortiz said she received a lot of help collecting resources from other garrison organizations like Army Community Service, Women, Infants and Children Overseas program, Education and Development Intervention Services, and the Parenting Support Group.

Ortiz who currently teaches at the part-day pre-kindergarten child care center located in the Central Registration and Enrollment building

says caring for children was a lot of work for her when she first started.

"At first I didn't know if I would be all that good at it, then with years of experience and training it became easier and I established a routine," she said.

The nationally recognized endorsement not only benefits the teachers who have gained a valuable qualification for their professional portfolio, but the community as well.

"The new credentials are a quality guarantee to parents. They can be confident knowing their child will be receiving the highest level of care and that the teacher fully understands the needs of the children," explained Marriott.

The accreditation council promotes improved performance and recognition of professionals in early childhood care and education — the people who work with children from birth through 5 years of age in early childhood centers, family child care homes, and as home visitors. More information on the CDA can be found at www.edacouncil.org.



Maricelyz Ortiz helps 2-year-old Alexis Parker get ready for the Thanksgiving luncheon at the CDC.



After waking from a nap Jordan Espino points out his favorite book to Sabrina Schaefer, Bamberg CDC teacher.

Photos by James Fredrick

Bamberg wins IMCOM-E junior soccer title

Story and photo by BRANDON BEACH
USAG Stuttgart Public Affairs

Like any soccer-playing teenager, Nick Cuevas doesn't like being stuck in goal.

"It's boring," said Bamberg's back-up keeper. "You just stand there."

Boring was the last word to describe his play at the finals of this year's Installation Management Command Europe under-15 soccer championship, held earlier this month in Stuttgart.

Cuevas tallied 15 saves and blocked a first-half penalty kick to help Bamberg blank tourney host Stuttgart 5-0.

Chase Milhorn carded two goals, and Sean Cuevas, Daniel Seamrin and Tesos Dones each found the back of the net.

Despite a 3-0 deficit at half, Stuttgart kept up pressure in the second as forwards peppered Bamberg's goal with shot attempts. Weather conditions during weekend play didn't make Cuevas' work any easier either.

Snow flurries dampened fields on Friday. By Saturday, temperatures had risen from 35 degrees to about 45, leaving many passes stuck in the mud.

During the two-day tourney, Bamberg recorded wins over Mannheim, 4-2, and Landstuhl, 3-2, but dropped its opening round game to Stuttgart 4-2. The team also lost starting keeper, Aaron Mumford, to a broken finger when



Bamberg soccer players celebrate winning the tourney's first place trophy.

he blocked an incoming shot.

Athansios Dones, Bamberg's coach, had no choice but to tap Cuevas.

"He gripes about it all the time," said Dones, "but it's the best he's played all season. And look, we are champs."

Seven Child & Youth Services teams took part in the annual tourney representing U.S. Army garrisons throughout Europe.



A Feast to Remember

Students and parents of Mr. Pinsky's fifth grade class enjoy a Thanksgiving buffet at the school Nov. 21.

Students recited Thanksgiving poems, sang songs about the holidays, and read essays about what they are thankful for before digging into the feast.

The annual event has become a tradition in Pinsky's classroom. Pinsky teaches at Bamberg Elementary School.

Photo by Krista Browning

CORRECTION: If you think you've seen this Q&A before, you're right! On Page 2 of the Nov. 28 issue, we misquoted two of the people. We are reprinting this Q&A to correct the mistake. Thank you to those who brought it to our attention.

The Bavarian News Staff

CONGRATULATIONS !!!

Wuerzburg High School 1st Quarter Honor Roll

Principal's List 4.0 and higher John Reynolds Catherine Richardson Daniel Osgood Chantel Barham Rebecca Bausum Tanner Jacobi Hannah Richardson Kristina Van Horn	High Honors: 3.5 – 3.99 Kirby Eavey Katja Kennedy Stefanie Montano Megan Norris Nathaneal O'Leary Madison Queen Daniel Reinwald Carly Sipes Tissia Smith Olivia Teel Sallymatta Yahuza Ryan Barry Andrea Bell Chelsea Delaney	Austin Griffith Miranda McConnell Ashley O'Rourke Bernardus Pol Esscencia Rodriguez Sarah Sanchez Shaun Simpson Madeleine Wojack Thomas Comeford Amanda Biggins Edwin Cadelinia DeVante' Cunningham Sarah Denman Stephanie Huettnr Rachael Masset	Victoria McKernan Boris Oros-Guzman Melody Rogers Ariel Silkett Isha Sumah Conner Truax Ishawu Yahuza Matthew Clidas Kutu Kollie	Ruth Rivera Adrianna Archie Kayla Brown Brandon Bryant Kayleen Covert Forte' Cunningham Dominic Dustin Courtney Hoskins Alexis Jennings Stephanie Vazquez Shanice Cunningham Suzanne Davidson Erika Davis Rebecca Ewing Yader Fletes	Lisa Ledford Lisa Little Randal Little Amber Manchester Tesa Miller Ann Kelli Montano Courtney Quick Andrea Rivera Jordan Roberts James Robinson Joshua Simpson Benjamin Snyder Amanda Whitney Elizabeth Briskey Candice Garnica	Casandra Gonzales Jamila Harvey Calvin Lau Lewis Mbote Jermaine McElroy Eduardo Quintero Xanthus Schneider Michael Seely Jessica Sweazea Joshuamil Torres Hye-Lim Yi
Honors List: 3.0 to 3.49 Courtney Edwards Gabriel Lavine Samantha McConnell Kevin Page						

Wuerzburg Elementary / Middle School 1st Quarter Honor Roll

Principal's List A Honor Roll 8th Grade Megan Ahearne Taylor Knowles Jesse Merkley	A-B Honor Roll 8th Grade Jacqueline Hatcher Emily Manchester Emily Mann Marina Wright	Principal's List A Honor Roll 7th Grade Tiffany Ford Carolyn Pippin	A-B Honor Roll 7th Grade Alexandria Delgado Kevin Ewing David Horton Bobbie Manchester Alexander Ruffalo Zachary Ruffalo	A-B Honor Roll 6th grade Genesis Figueroa Melanie Simpson	A Honor Roll 5th grade Isaac Bacon Jonathan Miles Jason Simpson Nolan Tucker Kelly Ahearne	Rebecca Ford Gillian Merkley Shannon Mulligan Isaac Bacon Krista Dallen
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Schweinfurt Middle School 1st Quarter Honor Roll

Principal's Honor Roll -4.0 6th Grade Angel Lee Robert Miska Francesca McNeal Trent Mitchell Christina Sharp	Korianna Purdin Alexandria Curry Marissa Rago Austin Eubanks Ryan Whitcomb	Christian Rivera Florian Sovine Alice Rivera Torres	Raechel McCormick Jackson Timmerman Holly Crosthwaite Devin McCree Omar Torres Zachary Davis Garrett Meredith TiAnna Vaughn Abdullah Felton Danielle Montano Ariecia Wallace Christopher Foster Angelina Morrison Trevor Wright	Wilson Hall Charles Jacobi Stephanie Miller Alexis Mitchell-Dugan Aldrin Natividad Maximillian Philbin Angelica Rago Gabriella Rago Bailey Reynolds Daniel Reynolds Alison Sprosty Brandy Woodson	Kendric McIntyre Chelsea Murdock Caleb Petersen Alexandra Rosado Maria Shimkus Nelson Soto-Perez Corinna Sweeney	B Honor Roll 8th Grade Telly Brand Sam Carpenter-Lopez Ashley Carreras Carl Cook Alexusia Dickerson LaDonte' Evans Amanda Glaze Caleb Isom Darren Martin Jacob Martin Shannen Maxwell Alisha McRee Jordan Parise Nia Patterson Celeste Ramirez Forrest Reynolds Jessica Rychlik Danae Shreve Avery Trujillo Matthew Vanattia Donnafel Wallace
8th Grade Edward Bagtas Ryle Francisco Haile Baker Danielle Mitchell Jacob Bautista	A Honor Roll 6th Grade Heather Arthur Brennan Booker Jewel Caruso Thomas Diaz Haley Downs Khayree Files Kaitlyn Floyd Ta'Jah Foy Samantha Gray Cecilie Huettnr Kiera Huie Jessica Hunt Hannah Nelson Darien Newton	B Honor Roll 6th Grade Christopher Arriaga Da'Jah Foy Elizabeth Murray Justin Beaty Janie Glidewell Kanesha Scott Randall Behrendt Lauren Jackson Christina Sharp Jennifer Breault Brandon Lucas Sidney Shippy Sierra Clower Justin Magrum Derek Shreve Shayne Cook	A Honor Roll 7th Grade Titus Choi Jasmine Collins Anna Duenas Atavia Hagler	B Honor Roll 7th Grade Christopher Bently Sydney Clower Cesar Colon-Torres Janica Ecleo Xavier Lavine Sofia McCormick Marissa McCurdy	A Honor Roll 8th Grade Haley Carlsrud Xavier Davis Jonatl Delgado Lopez Brittany LaBorde Lauren McClafin Lucas Napier Krystle Suetopka Connor Timmerman	

Youth bowling association offers Saturday bowling for kids

Story and photo by
SANDRA WILSON
Bavarian News

Each Saturday brings a morning of bowling for a certain group of kids in Schweinfurt. Young American Bowling Association invites kids between seven and 18 years old to participate in a fun morning of bowling and even welcomes the parents to have breakfast at the bowling alley while watching. “(They come) to have fun... Most of them love to bowl and don’t get a chance until parents bring them Saturday morning,” said Ernest Akridge, coach and president of the Schweinfurt YABA. Anyone can join the team at any time throughout the season which runs from September through May.

“If you want to do other sports and come later, you can come play midseason,” said Akridge. Kessler Bowling Alley hosts the games every Saturday. There is a minimal \$5 charge for shoes and three games for each participant which pays for the bowling and also for trophies. “I like bowling... because you can get your name on the wall,” said sixth-grader Devonte Lyons, pointing at the winners wall above the lanes. Whoever bowls the high score for the month in their age group gets their name posted for everyone to see. While there can be a spirit of competitiveness between the boys and girls, the bowling is really just for fun, said Akridge. “This league is not putting pressure on them to do anything,” he said, encouraging all kids to come out and play.



Eric Meade, fifth-grader, warms up with some practice bowls before the YABA competition begins. He is one of the regular participants of the club each Saturday.

Schweinfurt band students: music a creativity booster, stress reliever



Story and photo by
SANDRA WILSON
Bavarian News

Nothing may calm the nerves more than music. Students at Schweinfurt Middle School say it does. “(Music) takes away from the stress that I have from the school day. I like to let my mind wander around the music and notes,” said sixth-grader Devin McCree. But relaxing the mind isn’t the only reason why these kids play. Most

Sixth-graders Jewel Caruso (left) and Elizabeth Murray practice the flute and clarinet in the SMS afterschool music program.

of them participate in the school band and have fun learning their instruments. Out of the 105 who play in the beginner or advanced band, 15 of them choose to spend time in Rebecca Brashier’s afterschool music program. “Music is awesome... and it’s really fun,” said eighth-grader Telly Brand who plays the alto saxophone. “When you have a great teacher, even when it’s hard, you don’t want to stop.” “For me, music is something that really boosts my creativity, and I like drums. I like to make noise, so it really suits me,” said sixth-grader Brennan Booker. Walking into Brashier’s classroom on one of those days can bring a burst of sound to one’s ears as the students

practice their own songs all at the same time. “These kids are used to distractions,” said Brashier, when asked how they concentrate with all of the commotion. “They are here by choice.” Many students use the afterschool program as their required practice time for their instrument. They can play their choice of music or practice for their band performances. “If you practice 20 minutes faithfully each day, you will see progress,” said Brashier. After practicing vigilantly, the students performed in the SMS winter concert Dec. 4. Holiday tunes were played, and the students were able to show off their musical abilities to the community.

Troop commander, gunner’s lives celebrated

by SANDRA WILSON
Bavarian News

Community members gathered Nov. 28 in the Ledward Chapel to celebrate the lives of Capt. David Boris, commander of Anvil Troop, and his gunner Sgt. Adrian Hike. Both were assigned to 1st Squadron, 91 Cavalry Regiment, 173rd Airborne Brigade Combat Team, and were supporting Operation Enduring Freedom when they died of wounds suffered when their vehicle was struck by an improvised explosive device Nov. 12 in Bermel, Afghanistan. “This squadron with all its success is due in large part to the wisdom and insight of Captain Boris,” said Cpt. Joey Hutto, in remarks relayed by Staff Sgt. Patrick Potts. Hutto and Boris became best friends, inseparable to the point that

“Our wives would always joke we were cheating on them with one another,” Hutto said. But truly nothing could come between Boris and his wife. “I don’t know if two other people could have been more perfect for one another. Jaime and Dave made the perfect unity,” Hutto said. Lt. Col. Christopher Kolenda, squadron commander, recalled Boris’s humorous side. “With a commander like Boris, you can expect a lot of wise-cracking and back-slapping to reduce the level



Boris

of stress,” he said in remarks relayed by Capt. John Opladen. Opladen personally remembered how Boris cared so much about people that he would always close his laptop when someone came to speak to him, “Like you were the only person he was talking to,” Opladen said. In the field, Boris chose Hike to be his gunner and everybody seemed to know exactly why. “(Boris) could always count on Adrian, and he always delivered,” said Kolenda. “Adrian was a professional warrior. He was an expert in everything he did. He was a creative planner, a tactician, and made smart decisions,” he said. “Hike was one of those leaders that when he had his hand on the weapons system, you had a sense of security,” said Staff Sgt. Bradley

Shadden, through remarks relayed by Staff Sgt. Jeremy Smith. From childhood, Hike imagined himself serving in the U.S. Army, and his family members all agreed that he was someone on whom people could always depend. “He was ready and willing to help others in need. It was not like him to back down from any challenges, but instead he did what he had to do and always gave a hundred percent,” they said in a group statement. He was remembered by his high school friends as non-traditional, and



Hike

identified himself as a “Batman” character, committed to protecting his fellow citizens. Downrange, both men did their duty gallantly and through their sacrifices, their lives are celebrated, said Chaplain (Lt. Col.) Stevan Horning Nov. 28. “On that tragic day, Anvil performed like champions... Let us cherish how (Hike and Boris) touched our lives,” said Kolenda downrange. Boris is survived by his wife, Jaime; parents, Albin and Diana; and his sister, Jennifer Possinger. Hike is survived by his mother, Kimberly Bird; stepfather, Robert Bird; brothers, Robert Jr., Martin, Jon, and Aaron Bird; grandmothers, Delores Bird and Pat Stout; and great-grandmother, Daisy Hyland.

New mTBI testing program aids diagnosis, recovery

Story and photo by
KIMBERLY GEARHART
Bavarian News

This article is the first in a series about mild traumatic brain injury. Mild traumatic brain injury, or mTBI, has been called the signature wound of the war on terror. Identifying and treating that injury has become a priority for Army medical commands the world over. A pilot mTBI testing program, utilizing Automated Neuropsychological Assessment Metrics (ANAM), has been developed to identify affected Soldiers. Here in Schweinfurt, the first ever post-deployment screenings are being conducted as part of the reintegration process for Dagger Soldiers. “The screening is intended to take pre-deployment measurements for a baseline, then retest after the deployment to measure for differences,” said Lt. Col. Daniel Duecker, Schweinfurt Health Clinic commander. In the case of the Soldiers of the Dagger Brigade, however, no baseline reading was taken prior to their deployment. As such, Col. Mary Lopez, project officer in charge of the testing project, was unsure what kind of results, if any, her team would uncover. Lopez added that the range of results considered normal is broad, and of all the pre-screenings performed, “we’ve not found anyone that legitimately fell below the norms.” This is why having a baseline for comparison is more precise, as it allows us to compare the Soldier’s performance to his or her own norms.



Col. Mary Lopez, project officer in charge of the mTBI testing project, and Robert Robinson, one of the IT managers helping launch testing, review equipment used to screen Soldiers for mTBI.

What they found in testing Schweinfurt Soldiers, however, surprised Lopez and her team. Thanks to key questions imbedded in the ANAM tests, Lopez and her team were able to identify Soldiers at risk for mTBI and recommend follow-up through the Schweinfurt Health Clinic. The key factors in a case of mTBI include an injury event—such as a blow to the head—which causes an alteration of consciousness. This “alteration” can be losing consciousness,

seeing stars or simply being temporarily disoriented. “Compared to those who reported no injury, we found significant differences in reaction time, concentration, and short term memory” in Soldiers reporting at-risk incidents, Lopez explained. Results from the first groups to complete mTBI screening were provided to the local medical command. “Col. Lopez’s team was able to... let the providers here know what they can expect to see in Schweinfurt, so that we can channel our resources in the best way to help these Soldiers,” said Col. Theresa Schneider, Bavaria MEDDAC commander. Once the pilot program is fully tested, Lopez hopes to push it out to medical facilities in theater, where Soldiers can be tested and their recovery tracked by the doctors downrange. “Soldiers (with mTBI), like football players on the field, look physically normal, but they’re different. Their reaction time is off, concentration is off, and in a war-time environment, that’s very dangerous,” Lopez said. With the ANAM tool, doctors will be able to monitor recovery in such a way as to insure Soldiers are not returned to the fight until their recovery is complete. “It is a treatable condition. They do recover and improve,” Lopez said, noting that patience, time, and understanding are keys to coping with and treating mTBI. If Soldiers or their Families have concerns or notice signs, contact the Schweinfurt Health Clinic for additional assistance.

Commander looks back on Dagger Brigade mission in Iraq

Story and photo by
MARK HEETER
Bavarian News

Shortly before leading his staff and about 200 other Dagger Brigade Combat Team Soldiers into Finney Fitness Center for their welcome home ceremony Nov. 20, Col. J.B. Burton reflected with reporters on the brigade’s 15-month mission to Operation Iraqi Freedom. “We’re coming home. Fifteen months of hard fighting. Fifteen months of positive and measurable change across everywhere that a Dagger Brigade Combat Team formation was located,” Burton said, detailing a few of the accomplishments of his subordinate battalions’ task forces. Task Force 1-77, Ramadi. “The Anbar Awakening” that garnered worldwide attention. Task Force 1-26. “They went into an area of Baghdad that hadn’t seen thick presence of Coalition forces in maybe about a year. They went into a very

difficult area of operations,” and succeeded at establishing stability on dangerously violent streets, he said. West Rasheed and Task Force 1-18. The 2nd Brigade Combat Team. “We were effective in stopping Shia extremist expansion out of the northeast of our area of responsibility,” Burton said. While the 9th Engineer Battalion and 1st Battalion, 7th Field Artillery were detached from the Dagger Brigade in Iraq, Burton still maintained a watchful eye on them and their missions. Meanwhile, the 2nd BCT was supported by a vast support structure from other units. “We ended up with five task forces from five brigade combat teams from five different installations in the continental United States, all working under the Dagger Brigade Combat Team,” he said. “You’re going in with formations you just didn’t know,” he said. “But the integration went very easy.” One reason. “A tremendous, tremendously capable brigade combat team was formed because we had fantastic



Col. J.B. Burton, Dagger Brigade Combat Team commander, leads his formation into the Finney Fitness Center for their welcome home ceremony Nov. 20.

American Soldiers that were grounded in the United States Army values,” he said. As the deployment wound down to a close, Burton pondered the difference that his Soldiers made in all the corners of Iraq where they “put their boots down.” “We leave with a sense of accomplishment, but one that is extremely fragile. There’s got to be some very difficult decisions on the

part of the government of Iraq, and we know that,” he said, noting that the integration of all Iraqis into the political and security solutions will further advance the work and improvements left behind by the Dagger Brigade Soldiers. Then he turned his eyes toward home. “This great community in Schweinfurt, this little community at the end of the railroad tracks, I think

is bustling, ready for Soldiers, their Families and friends to be reunited after what I personally believe has been a decisive time in Operation Iraqi Freedom. These great Soldiers have made a difference,” he said. “They’re ready for a well-deserved break. You can see it in their eyeballs right now,” Burton said, before leading his Soldiers back to their Families on the other side of Conn Barracks.

Schools request departure notification

PCSing or going on vacation? Use student withdrawal forms

Story and photo by
MARK HEETER
Bavarian News

Going somewhere? Don't forget to tell the schools.

With a community full of Soldiers and Families who are headed to the airport for a permanent change of station or who will leave for the holidays in the weeks ahead, Department of Defense Dependents Schools-Europe officials in Schweinfurt advise parents to let the

schools know about it.

"We want parents to know that it would be very helpful to us if they know that they're going to be PCSing or going on a family vacation, to let us know as soon as they know," said Dr. George Carpenter, Schweinfurt Middle School principal.

"They need to inform the schools if they're going on block leave and their kids are going to miss any days. If they are PCSing, they need to come into the school and get the withdrawal forms," said Damon McGibboney,

USAG Schweinfurt schools' liaison officer.

DoDDS-Europe has made two special considerations that apply to Schweinfurt schoolers.

First, to accommodate PCSing Soldiers, schools are allowing students to finish the semester on an acceleration program, whereby they can complete their first-semester coursework by Dec. 13 and depart with complete grades for the semester.

"If they stay here through the (December) 13th, they get a grade. Say,

if they leave Dec. 5, 6, 12, they get a withdrawal grade," Carpenter said.

Due to attendance policies, some states do not recognize withdrawals and would require students to repeat the entire semester, according to Carpenter.

"It's not consistent, and it's not always the same calendar," he said.

The second special program allows children in this community to pick up assignments a few days prior to the end of the semester and turn them back in Jan. 7.

"That (winter break exception) begins Dec. 17. That's five days before the start of the winter break," which begins Dec. 22, Carpenter said. "Of course, parents must let us know, in writing, that they plan to leave before the break."

The bottom line, according to McGibboney and Carpenter, is that parents ought to let the schools know as soon as possible if they plan to PCS over the holidays or take an extended break with their children.

Showcase helps families transition

Story and photo by
KIMBERLY GEARHART
Bavarian News

Approximately 300 people ventured out in the cold rain to pick up information or second-hand appliances during the Leighton Community Showcase Nov. 17.

The event, held indoors next to the movie theater, featured information desks set up by agencies around the community in order to help residents preparing to move as well as those still in the area.

Whether it was a list of upcoming ACS classes or information about your child's school enrollment, experts were on hand to offer advice and information.

Representatives from Tricare were on hand with information regarding the changes in coverage that can accompany moves. Vet clinic information focused on shipping pets.

For those planning to travel with school-age children, the garrison school liaison officer Damon McGibboney was there to help.

"If you have questions about leaving the community, transferring to another school district, or a PCS, I can help," he said. McGibboney's resources include a worldwide list of school liaison contacts in both the Army and the Air Force.

Community members also had an opportunity to set up tables at a flea market collocated with the informational displays.

Interested browsers could buy clothes, bread machines, transformer and toys.

Some of the seventeen people displaying their wares were not above making hard-sale cases for their wares either.

"I'm saving up for a laptop," said Maeve Shumate, seven, after pitching a Scooby-Doo book to a pair of possible buyers.

Although Scooby-Doo didn't sell, Shumate's mother, Marijia, noted that her daughter had already added \$15 dollars to her laptop fund.

For children not interested in building a bank account, MWR had bouncy castles set-up in an adjacent room.

If you missed the showcase, you may always contact agencies directly for information and assistance.

"I encourage people to contact the school first, but I am always available to answer questions," McGibboney said.

Community agency phone numbers can be viewed online at the Schweinfurt homepage, www.schweinfurt.army.mil, by clicking on "Phonebook" at the top of the page.



Maeve Shumate, 7, had no problem using hard-sell tactics to show her wares during the Nov. 17 community showcase. Although this sale was a no-go, Shumate had a successful day over all.

Learn to invest for future wealth

by **SANDRA WILSON**
Bavarian News

"There are no secrets to getting wealthy. If you invest, and invest consistently, your money is going to grow," said Darryl Jones, Army Community Service financial readiness program manager.

Redeployment has brought home many Soldiers with extra cash on hand, and instead of buying all of the electronics available on the market, Jones suggests learning how to invest.

"Our future is uncertain because of the many things happening in the world. It's important to invest," Jones said.

The time is now

Community members gathered Nov. 27 at ACS for Jones' class, "Investing for future wealth." It's best to start when you're young, he said, but if you're not in your 20s anymore, the time to invest is now.

"I want to save for retirement and not have to work when I'm 65," said Sgt. John Barclay of Headquarters and Headquarters Company, 1st Battalion, 77th Armor Regiment.

And that was Jones' first piece of advice. Investing for the long-term is the first, most important step. Long-term includes retirement accounts like the Thrift Savings Plan or Individual Retirement Accounts.

For the short term

After that is taken care of, the next step is to invest for the short-term in Certificates of Deposit, mutual funds, stocks, and more.

"The mutual funds market is doing incredibly well and is a very popular choice," Jones said.

The question may remain of how to get started. Many people delay beginning to invest because of a tight budget. Jones recommends paying yourself first—investing—out of each paycheck. If you spend according to a prepared budget, pay your debts on time, use credit only in emergencies, and learn how to distinguish between needs and wants, investing ten percent of your income should not be difficult.

Paycheck to paycheck

"I have a baby on the way, I just got married, and (living) paycheck to paycheck isn't cutting it," said Sgt. Steven Haesler of Company A, 1st Battalion, 77th Armor Regiment, explaining why he attended the class.

In addition to basic investment information, Jones frequently holds free classes at ACS about managing finances, home and car loans, dealing with credit and checkbooks, and more. Call ACS to find out when the next financial class will be held. Jones is also available for individual appointments by calling 354-6933 or 09721-96-6933.

Youth groups serve up Thanksgiving



Story and photo by
MARK HEETER
Bavarian News

The turkey arrived in Schweinfurt a bit early this year, when the USAG Schweinfurt youth center and Club Beyond joined forces to host their second annual Thanksgiving dinner Nov. 17 at the center on Ledward Barracks.

While the food preparation began the previous day, the meat and potatoes of the dinner got hot several

Members of Passport to Manhood, a youth center mentorship program, dish out the fixings at the Thanksgiving dinner, hosted by the center and Club Beyond Nov. 17.

hours before the 6 p.m. start.

"Our youth actually provide all the service and entertainment during the event," said Donna Hilley, youth center facility manager.

"They also help with cooking, cleaning, set up, decorating, and running the sound system. The event gives youth an opportunity to honor their parents and our community during the season of thanks" she said.

For the youth, though, the event had a bit of a different meaning.

"We're out here helping other people," said Diante Rigmaiden, who joined his fellow Passport to Manhood members at the serving line, dishing out the goods to partygoers.

"We're just making sure we serve people and be polite," he said.

Sasha Whitlock, the junior leader

with the Smart Girls Club, another mentorship program at the youth center, said that, while they were there to celebrate Thanksgiving, they also wanted to have fun.

"And we just try to help out as much as we can," she said. "Actually, it's a lot of fun."

"I just like volunteering," said Virginia Browning, Club Beyond member, between serving cups of juice to guests.

"The Club Beyond and (Child and Youth Services) partnership has grown since our original meeting and now CYS helps host their weekly meeting at the Youth Center," Hilley said.

"It's a great partnership and we are looking forward to more combined activities in the future," she said.

Know customs rules when separating, retiring in Germany

by **MARK HEETER**
Bavarian News

With a large number of Soldiers and Families expected to be leaving the Schweinfurt community in the coming months, local customs officials offer advice about keeping, shipping, selling and transferring property.

"They can buy as much as they want to. Going back to the States, they don't have a problem," said Sonja Logan, customs representative with the U.S. Forces customs office in Schweinfurt.

The rules get a bit more involved for people who plan to retire or separate from the military and remain

in Germany.

"They can buy as much as they want to. But they have to make sure that those items are at least six months old, and they have to keep those items a minimum of one year; otherwise German taxes will apply," Logan said.

Local commanders may offer a 90-day extension of individual logistical support in the case of an eligible Soldier or civilian whose Family wishes to stay in Germany past the permanent change of station date.

"If that's not approved, that means their personal property, their POV, and anything that they bought while they were here has to clear German customs," Logan said.

This applies to all non-expendable

property purchased off-post while employed with the U.S. Forces in Germany, according to Marianne Boehm, also a customs representative in Schweinfurt.

Some of the more common examples are privately owned vehicles, firearms, or electronics equipment.

"Everything that has a serial number is non-expendable. The other things that you cannot identify anymore is an expendable item," Boehm said.

And Logan and Boehm warn people against the pitfalls of offering their items to non-eligible persons, friends or relatives.

"They are not authorized to give

away something like this, a non-expendable item. They must sell it, they must go through this process to transfer it. It's a must," Boehm said.

"If you are planning to stay in Germany and have purchased a vehicle from Military Car Sales or from a German vendor with the Value-Added Tax relief program you have to be in possession of the vehicle for six months to clear German customs without paying tax and duty," according to a customs official in a recent release.

For more information, contact Schweinfurt U.S. Forces customs office at DSN 353-8348, CIV 09721-96-8348 or at www.hqusareur.army.mil/opm/customs.htm.

Scout learns Arabic to help platoon, mission

Story and photos by **Sgt. 1st Class KAP KIM**
2nd BCT, 1st Cav. Div. Public Affairs

When Sgt. Jason Stisser, of Troop O, 4th Squadron, 2nd Stryker Cavalry Regiment found out he was coming back to Iraq, he quickly brushed up on his Arabic.

That prior preparation has been benefiting both him and his platoon in their current duties.

Based out of Forward Operating Base Prosperity in central Baghdad, his unit, attached to 2nd Brigade Combat Team, 1st Cavalry Division, covers the Karkh District.

In a recent clearing mission, dubbed Operation Saber Sweep, the white and blue platoons of 4-2nd SCR, along with Iraqi Army soldiers, went from apartment building to apartment building gathering census information on the area residents.

Recently, many of the residents complained of wrongful eviction notices.

“Outlaw” Troop Soldiers went around collecting data such as lease agreements or ownership documents to make sure they would not be further harassed.

As their Stryker vehicles rolled up to the apartments before sunrise, the group of Soldiers, who deployed from Vilseck, Germany, cleared each of the floors before waking up most residents.

“We have to get here early before they head to work,” said Staff Sgt. Joaquin Reyna, of Fresno, Calif.

Stisser’s ability to converse with the local

populace has not only helped bring them a cheese-and-bread breakfast during the mission, but also helped make their job of receiving information from the Karkh residents easier.

“It’s such a big deal when you try to speak their language,” said the Nashville, Tenn. native. “Just like at our home station, I don’t think we should be walking around Germany without learning how to say ‘excuse me, please, and I’m sorry’ ... just the basic stuff.”

Although their platoons have Iraqi interpreters with them, the anomaly of a westerner who speaks Arabic seems to bring about trust.

His interaction with residents, merchants and Iraqi Army soldiers makes it easier on the rest of his unit.

“There’s a stigma with what we do; they think we think they are terrorists or something,” Stisser said. “What I try to tell them all I need is info.”

Stisser started learning conversational Arabic when he was deployed in Taji, Iraq with the 7th Squadron, 10th Cavalry Regiment, 4th Infantry Division (Mechanized), then at Fort Hood, Texas, back in 2005. He recalled learning simple phrases through an embarrassing event.

“I was taken off the line,” said the scout. “It’s one of the most embarrassing things for a scout to be taken off the line; it’s like punishment. So, when I was put back on the line, I tried to be more valuable to my platoon.”

Back then, he learned simple phrases from his interpreters to get children to go buy drinks

and snacks from local vendors.

Now, as he and his unit live out of the Coalition Outpost Ramagon together in Karkh, Stisser spends more time speaking to Iraqi Army soldiers. His fellow scouts started calling him “jundee,” which means “soldier” in Arabic.

He’s the closest thing we have to an IA,” joked Sgt. Kevin Baker, of Tampa, Fla.

Stisser, who refers to himself as a traditionalist, said he honors the Iraqi culture because he considered himself the same.

“I tell everybody that all you have to do is look at the Old Testament,” he said. “A lot of their customs comes from their religion. I respect those who are traditionalist. It’s just the little things. They’ll bring you in and have chai (tea) with you.”

Stisser is currently studying Arabic through interactive computer software, but learns a lot by carrying index cards with a few vocabulary words.

“Right now, my grammar is like ‘Me Tarzan, you Jane,’” he said. “Sometimes, I’ll get into a conversation with an IA [soldier] and get in way over my head. So, I’ll have to bring an interpreter over.

“I try to use each of these words in a conversation at least one time a day,” he said pointing to the list of phonetically written words. “My goal is, by March, to go with my section and see if we have a need for interpreters for certain missions. Sometimes, I feel like it’s not helping out the platoon yet – which is my biggest priority.”



Nashville, Tenn., native Sgt. Jason Stisser, Troop O, 4th Squadron, 2SCR, provides security along with Iraqi Army troops during a clearing operation in Baghdad’s Karkh District.



Staff Sgt. Richard Edison, Troop O, 4th Squadron, 2d Stryker Cavalry Regiment, holds a child during a clearing operation of apartments in Baghdad’s Karkh District.



An Iraqi Army soldier secures a floor of an apartment building during Operation Saber Sweep in Baghdad’s Karkh District.

First impressions are lasting ones

Story and photo by **Sgt. MARK MATTHEWS**
27th Public Affairs Detachment

A new Soldier arrives with bags in his hands as he sits patiently, waiting for a representative from his new unit to arrive and integrate him into his new home away from home.

Hours go by and he begins to wonder if anyone realizes he’s even here. From the beginning his first impression of the unit is one of doubt.

One unit in Iraq, with a rich history in properly welcoming Soldiers with open arms continues the tradition and leaves no Soldier left waiting.

The 2d Stryker Cavalry Regiment “Dragoons,” continues the long-standing tradition of the “School of the Trooper,” which properly greets and integrates new Soldiers into a unit.

The program began in 1836 and has now made its way to Iraq and is ensuring no new Soldier is left in the dark.

“Once (new Soldiers) get here everyone is a Dragoon,” said Oxford, NC native Lt. Col. Bryan Denny, 2SCR, Special Troop commander. “This is just our way of integrating new troops into the regiment.

The Soldiers all come from different places in their military career yet everyone is given the same hardy welcome and introduction.

“Most Soldiers come straight out of (Advanced Individual Training) and a lot of (non-commissioned officers) have never been in a Stryker regiment before,” said Denny.

The three-day integration program covers a variety of instructions and information all Soldiers in the unit need to know.

“It’s a lot of stuff (Soldiers) need to know, but a lot of it is unit history,” said Denny. “It instills a ‘Can Do’ attitude that comes with being apart of a Stryker regiment.”

On the first day of the School of the Trooper program new Soldiers are checked to make sure they have all of the equipment they need like weapons.

They are then taken to the range where the Soldiers can properly zero their weapons. Also on the first day, Soldiers are given a welcome brief from the regiment commander and command sergeant major where they are also told some of the rich history that comes with being in a Stryker regiment.

The following days new Dragoons are given important information and courses that range from a chaplain’s brief, legal, and escalation of force training to counter improvised explosive device classes and a an in-depth first responder’s course.

Eventually the Soldiers are taken to their specific units and have hopefully gained a positive first impression of the regiment.

They can then immediately begin functioning as a well integrated and fully mission capable Dragoon right from the start.

“What we have here is very rare,” said Plano, Texas native Command Sgt. Maj. Brian Hamm, 2SCR, STS sergeant major. “We want curb side service for every Soldier that comes to our unit.”

The unit recently received the commanding general’s retention award and Hamm said it is partially due to the since of pride that comes from being in the unit that starts the day the new Soldiers arrive.

“Stetsons and spurs go along way,” Hamm said. “There’s a lot of pride that comes with being a Stryker.”



Hesperia, Calif. native Spc. Jenny Etheridge, medic with the 6th Squadron, 2SCR, demonstrates the proper way to insert a nasopharyngeal airway on Houston native Spc. David Bailey, a new “Dragoon” with the 4th Squadron, 2SCR, during the First Responders Course portion of the School of the Trooper.

Brothers share Iraq deployment

Continued from Page 1
“We’ve been to dinner a couple times; whenever our schedules match up, because I work nights and he works different schedules,” Phillip said. “I work as a night battle captain and he as vehicle commander in the Stryker cavalry regiment.”

Despite their differing duties, the Garners still manage to see each other every day. Alex says he stops in to see how Phillip is doing and chat about work.

The brothers agreed that seeing each other is great, but added that watching their children grow up through pictures and video is their biggest family challenge.

Yet while the Army has distanced them from family, family brought the Garners to the Army. “It’s pretty much a family tradition, because we grew up with our dad being in the Army, and he’s still (on) active duty,” Phillip said.

Phillip said much of the brothers’ motivation comes from family – not just their father in uniform, but also thinking of their loved ones and focusing on their jobs to help keep them going until they are home again.

The brothers said they also get a sense of purpose from helping the people of Iraq.

“I like to see the Iraqi people out there. You see them happy; you see the kids waving, and it’s kind of motivating to see that,” Alex said.